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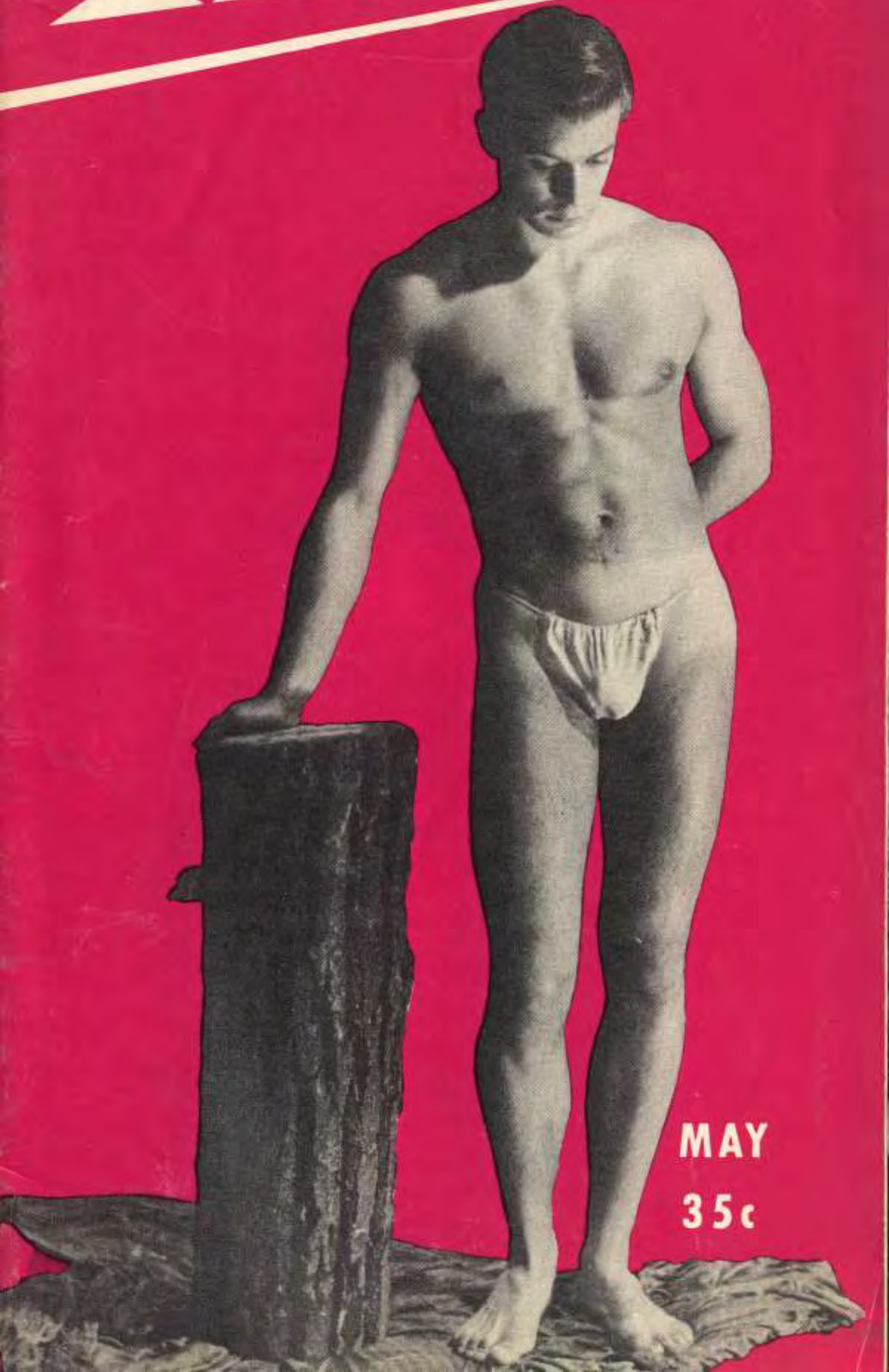

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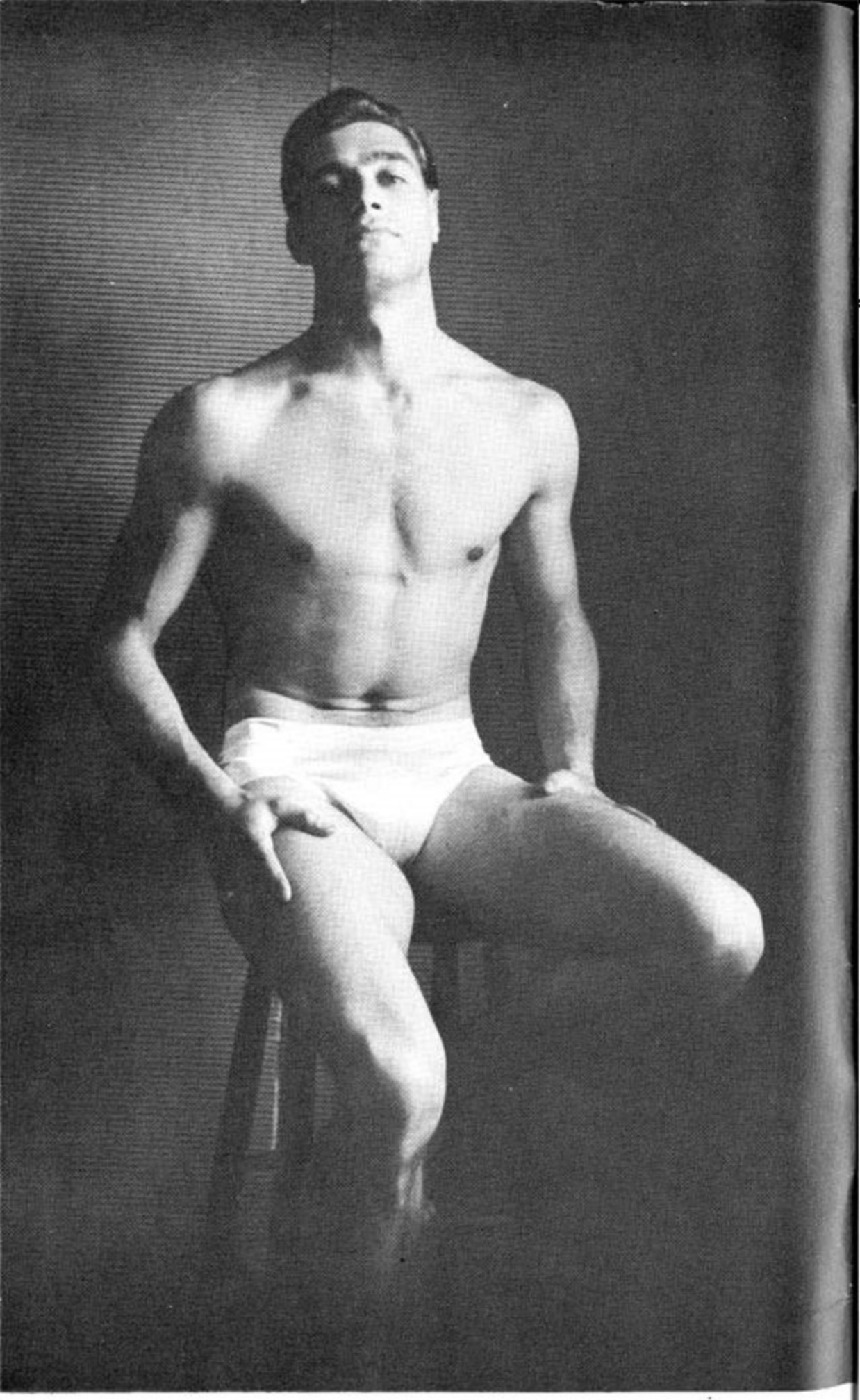

HAROLD DUFFEY is an outstanding young English athlete. This photo is from Catalog 42-T by Vulcan.

Trim

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COVER MEN

FRONT COVER: Vince Orlandini has achieved great beauty and symmetry in his build. Photo by Kris Studio.

BACK COVER: Seventeen year old Gary Boardman is a trim young San Francisco athlete. Photo from Catalog 5-AT by James E. Hills.

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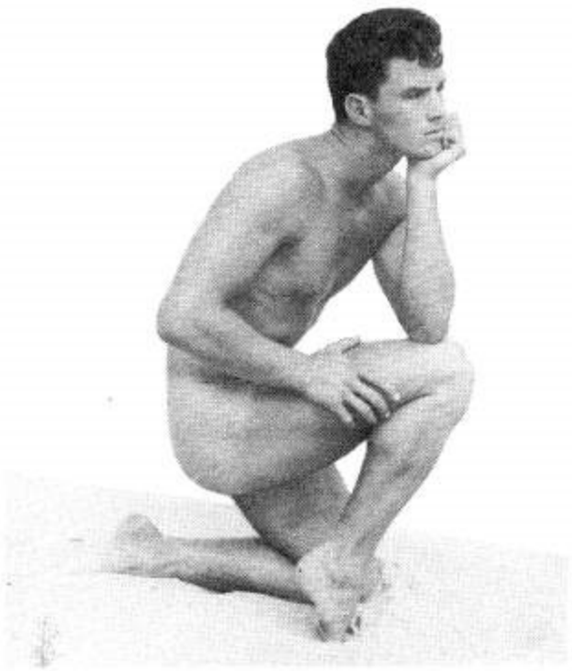


GLENN BISHOP is the picture of virility and health. Photo from Catalog 3-T by Delmonteque Studios.

REWARDS

The rewards that come from exercise, proper eating and good health habits are innumerable. We all know them. And we all want them. Who does not admire the splendid appearance of a well-built, athletic young man? Who does not wish for the same buoyancy and zest for living that he possesses?

We see successful men in business or medicine or law and we wish to emulate them. In an effort to do so, we spend many years in training and disciplining our minds. We study long and hard, as well we should, and at last we have our reward when we enter the ranks of the professions for which we have trained.

But by then, something is lacking for many. What is it? That same buoyancy and zest for living which characterize the happy, self-confident young athlete. We have developed the mind and the personality to an admirable degree, but we often find that we have spent little or almost no time developing our bodies.

It has often been said that health is the most precious of all possessions, for without it little else matters. Since all the money or position or fame or success in the world can't buy health, we know instinctively that we are foolish to work for these things only and to ignore our physical well-being.

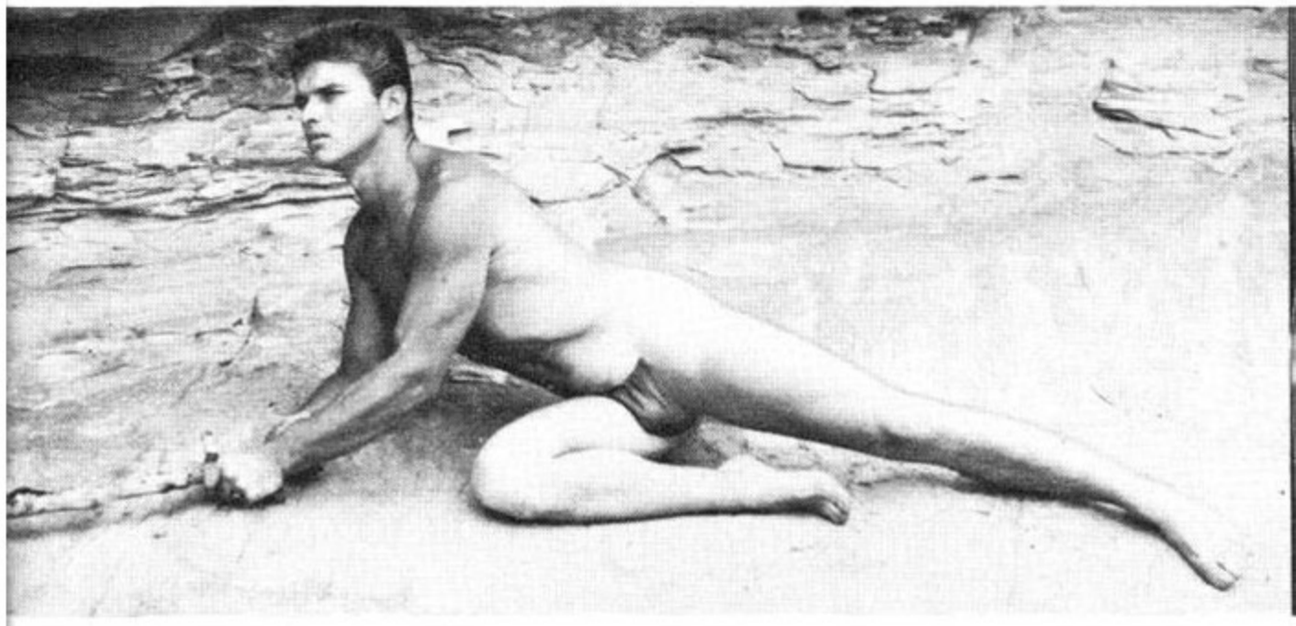
If we spend a comparable amount of time in training and developing our bodies as we spend doing the same for our minds, we will indeed be well equipped to match life . . . to enjoy meeting the challenge of living. A brilliant but weak man is not a perfect man, any more than a strong and muscular musclehead is. Life is a many-faceted thing. Development and care of the body are as important as development of the mind. There must be both if life is to be lived to its fullest.

Untold office chairs throughout this broad and splendid land groan under the weight of paunchy, flabby men, young and old, who seem to have forgotten that the body is the temple of the mind and spirit — men who have been too busy to care for the precious gift of health. When the diseases that accompany softness take their tragic toll, many realize — much, much too late — that they have ignored one of the phases of living.

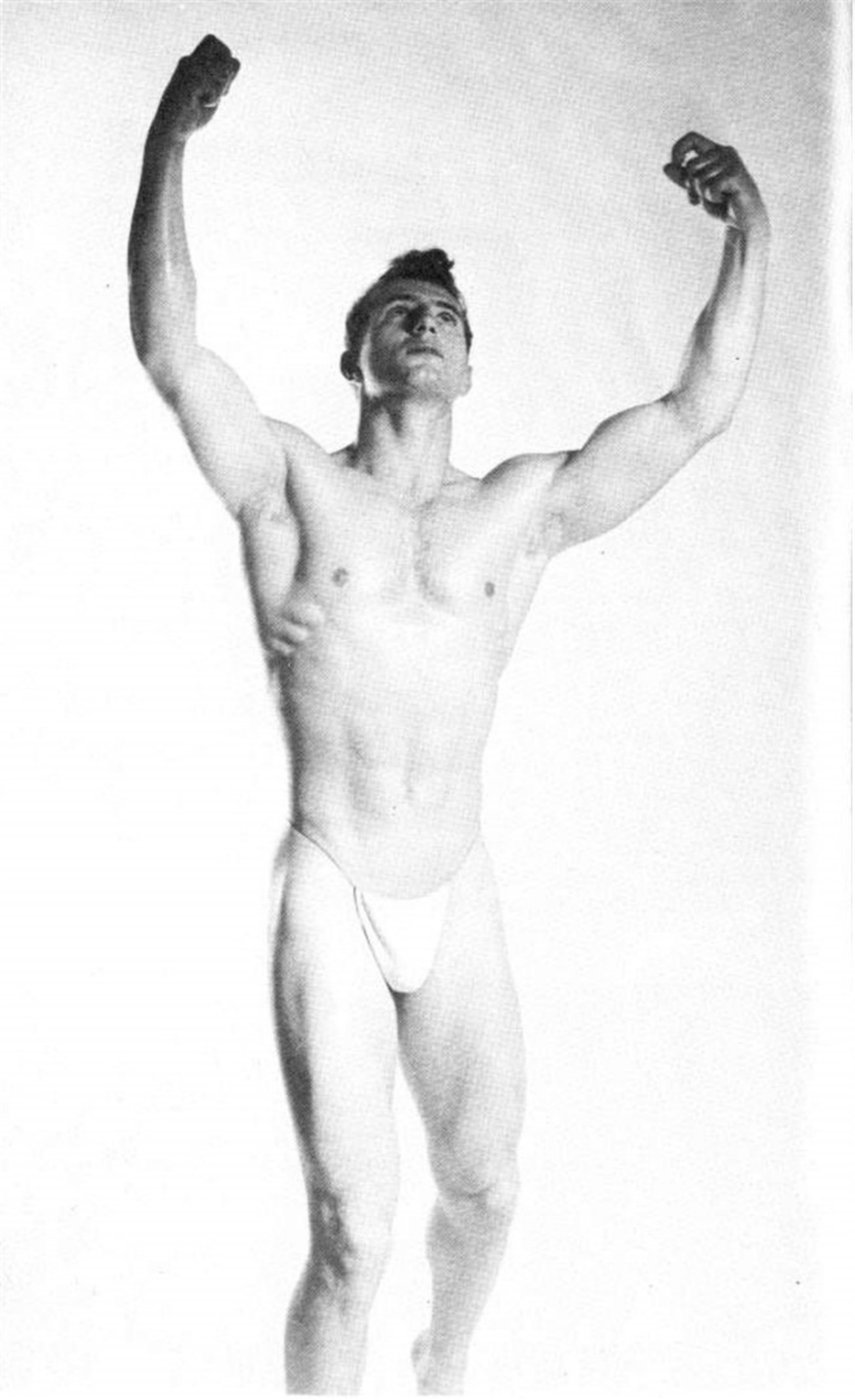
Before you reach that pitiable stage, you can make up your mind to avoid it. And if you stick to your resolution, it will pay big dividends in health, fun and pleasure. Life without them is drab indeed, but with them, living can be the buoyant, zestful, happy adventure it should be.

In order to have this good life, we must work for it, just as we must work for success in a career. But that work can be one of the things that adds to the over-all fun of living. Many fail to exercise because they do not find exercise fun. And that's because they have never discovered a form of exercise or a sport that suits them. It isn't important whether you play tennis or do tumbling. What is important is that you do exercise.

TRIM brings you material on a variety of sports and exercises which you will find are fun. Try them. And stick to the two or three you enjoy most. As you become better at them, they will provide you even more pleasure, especially if you can interest a buddy or friend in enjoying them with you. And, perhaps most important of all, you'll be building buoyant health (not to mention good appearance and a host of other benefits) while you're having fun at living.



VICTOR CARLISLE, a strong and masculine young athlete, enjoys the sun. Photo by M. C. Woods.



FRANK LOMBARDO demonstrates his splendid definition and muscularity in this photo from Vulcan Catalog 34-T.

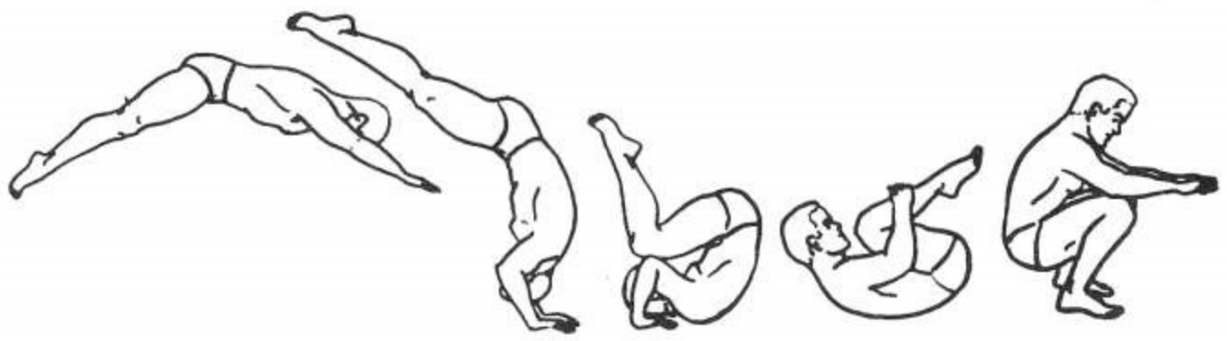
BASIC TUMBLING

THE DIVE

The Dive is a basic tumbling trick and one that's easy to learn. If you learned the Forward Roll from the last issue of TRIM, you'll have no trouble at all with the Dive, for it is really a Forward Roll with an extended take-off.

Start first by performing several Forward Rolls. Then gradually make your take-off longer and higher. Don't try to perform a high Dive immediately, but work up to it by stages.

The accompanying illustrations show a good form of the Dive for the beginner. Later you can dive with more height and length. But start at about the height shown in the illustrations. Begin the Dive by jumping forward into the air off both feet at the same time. As you reach the floor, break your fall with your hands and arms, hitting the floor with the palms of your hands. Then duck your head and *roll* on your neck and shoulders — *not* on your head. Keep your chin on your chest and your heels close to the buttocks. Complete the dive by throwing your head forward and coming to a standing position.



After you have mastered this basic form of the Dive, try it for more distance, which can be achieved by keeping your head *up* longer. And if you want more height in your dive, jackknife the hips up as high as possible and keep your head down as you jump.

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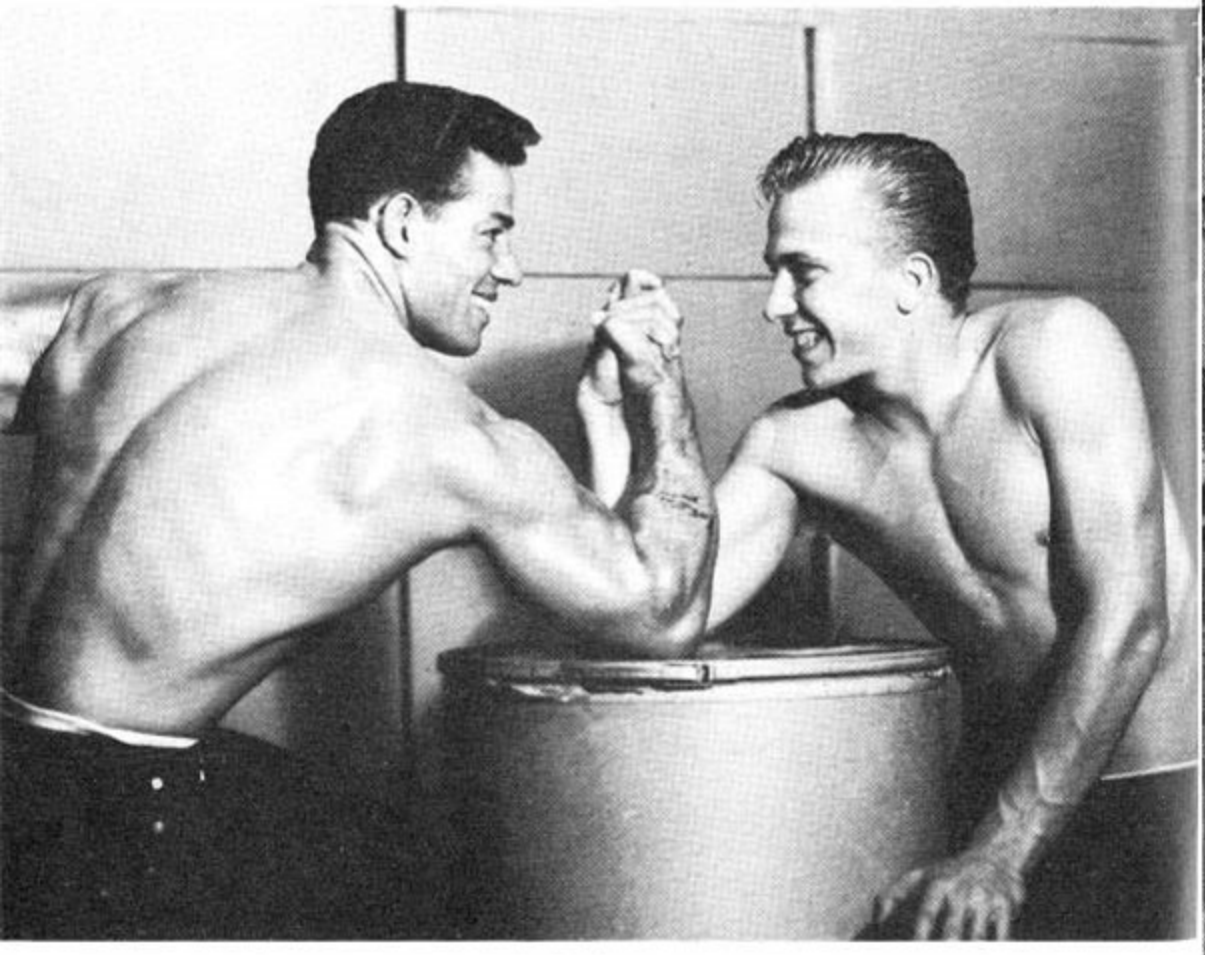
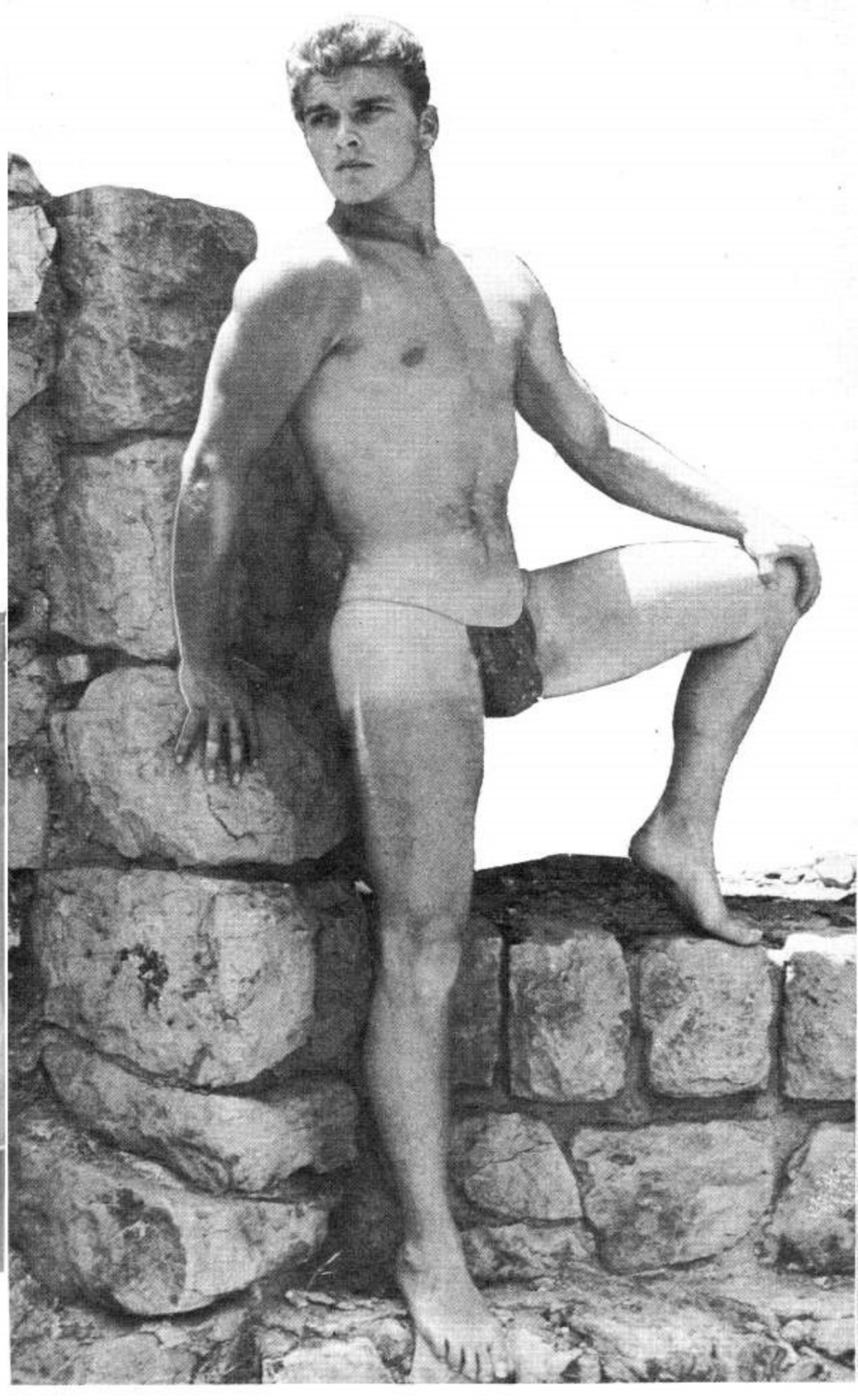
In all tumbling, keep your feet about shoulder-width apart when standing on the floor or mat, as this will give you a solid base.

Many variations on the Dive can be performed. For instance, try running a few steps before going into the Dive, or diving over another person who is lying down, or who is bending at the waist. One of the neatest tricks, but an easy one, is to dive over someone doing a Forward Roll toward you. Tumbling is even more fun when at least two persons perform the tricks together. Have a buddy learn the tricks with you and together you can figure out many variations to be done with just the Forward Roll and the Dive. And, remember, you'll be building a trim physique while you're having real fun!



JOHN ARTEGA and JOHN HERTZ are both deaf. In spite of all obstacles, they have developed trim and muscular physiques, as photo YQ25-T by Athletic Model Guild shows.



VICTOR CARLISLE enjoys all types of athletics. He formerly served in the Marines and is now a university student in California. Photo by M. C. Woods.

JUDO . . . The Gentle

It's a pretty easy job to drive off the attack of a bully or a thug if you happen to have a blackjack in your hip pocket and can get to it quickly enough, or a pair of brass knuckles, or just happen to be lugging a baseball bat along on your way to the movies. But the trouble is that most attacks come when you're least prepared for them and are unarmed.

Furthermore, the all-brawn-and-no-brain bullies who give you trouble will seldom listen to sweet reason; and if you're up to walloping them with fisticuffs, you're pretty likely to get your Sunday suit messed up while you clobber your attacker with main force.

Judo, the gentle art of self-defense, grew up to meet just such situations as this — plus those where a muscled-up musclehead attempts to prove his manliness by attacking a smaller and weaker individual, perhaps a woman. If you haven't the bulging biceps needed to clobber the jerk, or if you don't want to mess up that new Sunday suit, then you can subdue Bullyboy with judo and emerge calm, collected and unruffled. And it will do wonders to your self-confidence.

The Japanese, a small people who rely for defense on brain rather than brawn, invented judo (or jiu-jitsu, as it was formerly called). And it has served them well; so well, in fact, that people of every nationality have taken it up as perhaps the most effective means of self-defense. Judo has enjoyed great favor among those who have learned it both in America and Europe. When he was president of Czechoslovakia, the great educator, Masaryk, sought to have every school boy in his country taught the fundamentals of judo.

Judo proceeds on the assumption that mind can overcome matter — or, rather, that the brain can subdue the body. It depends on strategy rather than on force, on grace, lightness, speed and coordination rather than on strength. The object is to overcome your opponent by upsetting his equilibrium and balance rather than by overpowering him with muscle. Besides being one of the most practical of all sports, it's a good way of keeping trim, too.

You don't need an extensive knowledge of anatomy in order to be good at judo. Almost everybody knows that there is an area below the ears where nearly unbearable

Art of Self-Defense

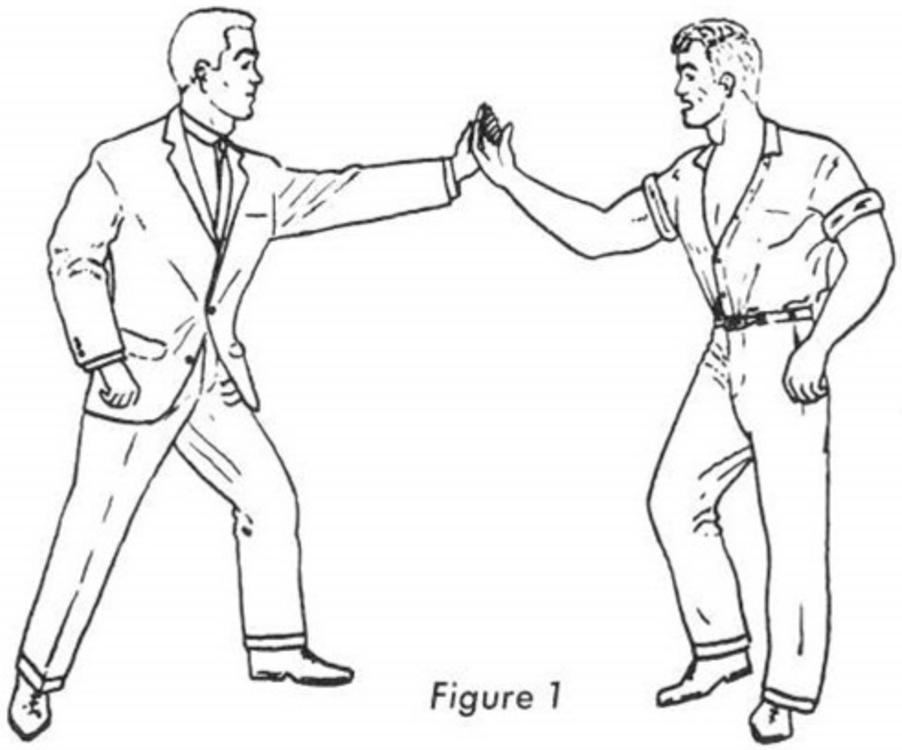


Figure 1

pain is inflicted by the application of pressure. And who hasn't cracked his "funny-bone" (or elbow) and writhed with agony — or struck his shin, one of the tenderest parts of the body, against some hard object and yelled bloody murder? These are some of the paralyzing centers the practicer of judo uses to overcome his bullyboy opponent.

A word of caution: because judo can inflict permanent and disabling injuries, you should be careful when practicing holds on your training partner. Don't get too enthusiastic or too zealous. Go easy and save the really agonizing treatment for a genuine thug who deserves it for mistreating some helpless person (including yourself). Always keep in mind that the chief thing you want to learn is how to defend yourself—and keep judo fun by not causing your helpless friend excessive pain while you're learning the holds with him. He'll do the same for you.

Figure 2

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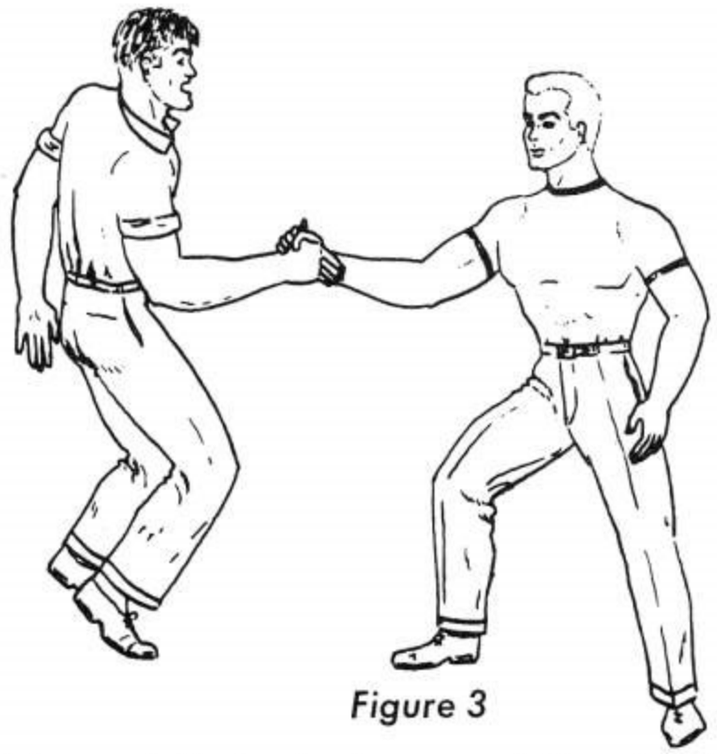


Figure 3

Right now let's look at some of the simplest of basic judo holds. Countering a push is one of these. When Bullyboy starts shoving you around, he thrusts out his arm at you, usually his right one. As he does so, step forward and grasp his right hand with your left one (Figure 1). Press your four fingers as forcefully as you can into the palm of his hand, just beneath the thumb. Dig *your* thumb into the back of his hand. Then bend his hand backward and give it a jerk downward (Figure 2).

This will usually throw Bullyboy for a loop. But if he's mighty big and strong, you may need to exert a little more pressure by using both your hands to bear down on his wrist and arm as you force them backward and downward. As you do so, step closer to him and quickly thrust your left leg behind his right foot, your heel against the inside of his right heel (Figure 2). Then Bullyboy has had it. He'll either flop to the ground or hear the bones in his wrist snap. But that serves him right for being a mauler.

If he knows a bit about boxing and leads with his left, simply reverse the process, grasping his left hand with your right. As you do so, take a stance similar to that of a fencer (TRIM, February 1957), your right foot forward, left foot backward and left hand on hip. As Bullyboy simpers on the ground, you straighten your jacket, dust off your hands and walk unperturbed on your way. He'll be too chagrined to follow, you may be sure.

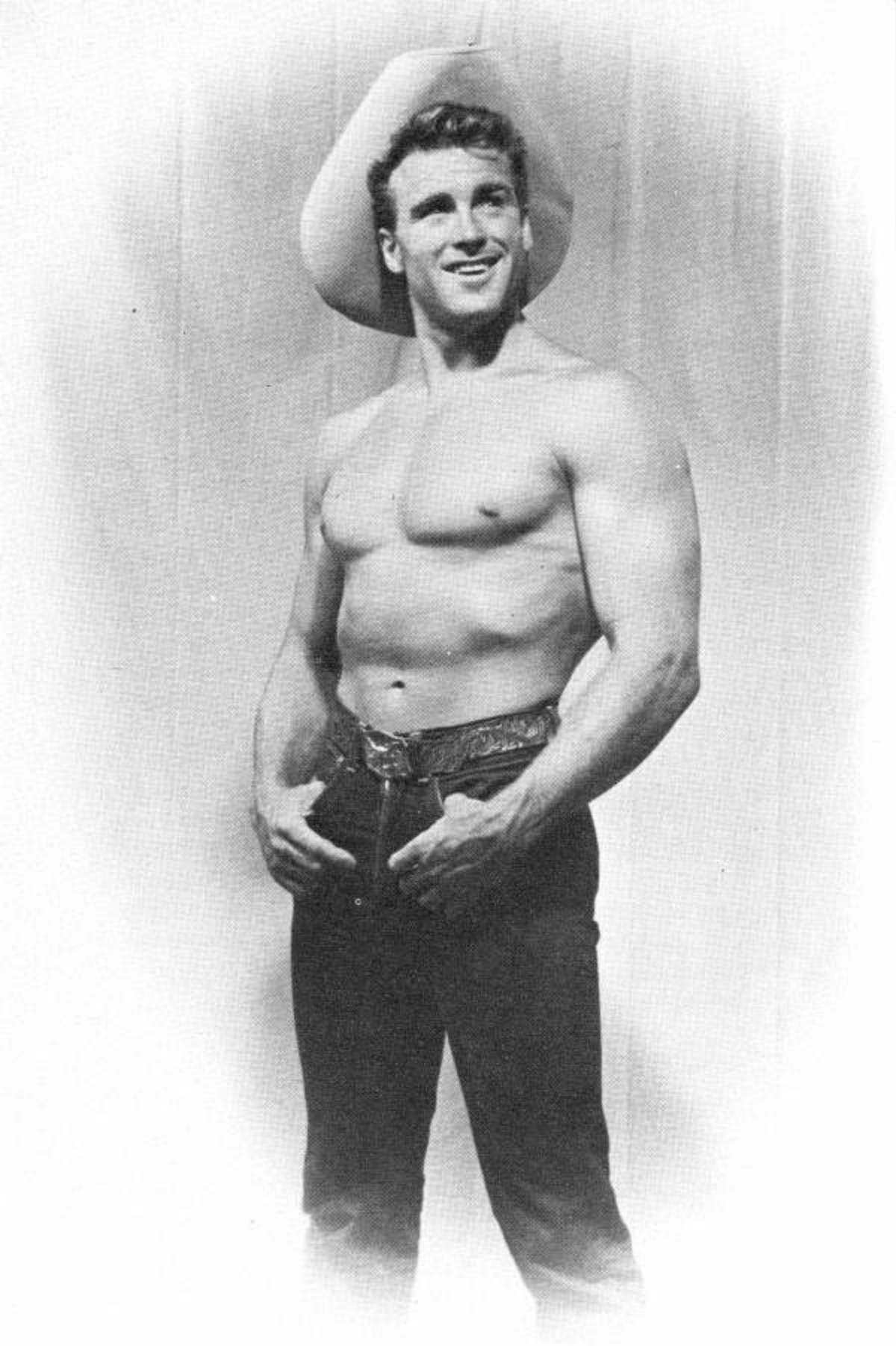
The thumb grip is another good judo hold. This is used when Bullyboy decides to take hold of you and shake the life out of you. You assume your fencing stance, standing in front of him and facing him with a smile on your face. Thrust your right arm toward him with your fingers stretched out. Lock your hand around his, your four fingers around the back of his hand and your thumb in front of his thumb. Squeeze your fingers firmly into the back of his hand just below his thumb and push his hand backward and downward (Figure 3). To avoid agonizing pain as well as a broken thumb, Bullyboy will be compelled to bend his knees and cry, "Stop! I give up!"

Here's a simple defense for use when our villain swings a punch at you. Unless he knows something about boxing, he'll swing with his right (but if he does use his left, simply reverse the process). Step back and a little to his right as he swings at you, thus avoiding his fist. Quickly seize his wrist with your right hand and draw his arm across your chest, a rather easy job since this was the direction his fist and arm were traveling. Then pass your left arm over his arm at his elbow, completely encircling his arm (Figure 4). Let your left hand rest on your chest.

This hold is sometimes called the lever and fulcrum because your left wrist pushes a bony fulcrum into his forearm and your right hand, still grasping his, makes a lever. Bullyboy is imprisoned in your grasp. Then quickly thrust your right leg behind his right foot, your heel inside his, and he's helpless. Kick your right foot against his and he'll fall to the ground. He can't resist because the pain produced by your right hand pressing on his arm and your left wrist gouging his forearm is intense. If he resists, there is strong danger of his arm breaking.

Judo can be your best defense. Learn more about it in future issues of TRIM.

Figure 4



Popular ED FURY, one of America's most famous body-builders, is also a movie actor. He recently appeared in "Bus Stop" and is the hero of Apollo Films' "Because of Him." This photo is by Apollo.

MARCEL JAMES, a trim young French bodybuilder and model, is famous throughout Europe. This photo was taken at Cannes by John Paignton of Paignton Publishing Company.

BUILDING A BROAD BACK

Ever wonder how top bodybuilders develop the flaring lats, the broad upper back muscles that are one of the characteristics of the well-developed physique? Most of them owe it to the rowing motion performed with barbells.

Broad backs and shoulders have so long been a prime mark of masculinity it's not surprising that bodybuilders work hard to develop their lats, the muscles that rise upward from the lower part of the rib box. It's hard to imagine a top physique without well-developed lats. Even though you aren't trying to achieve massive muscularity, you'll do well to develop your lats.

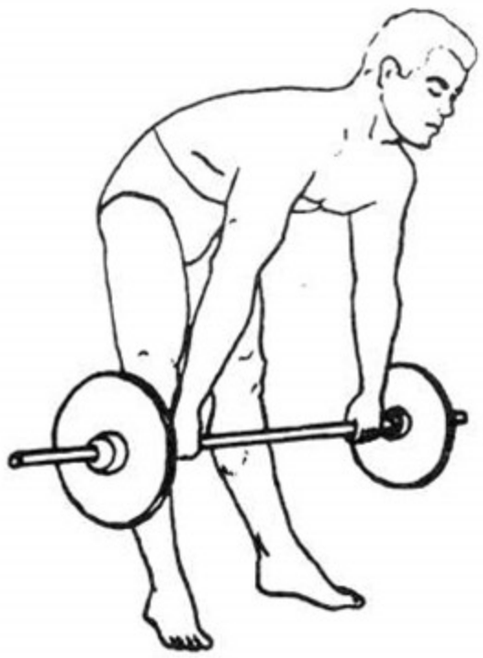


Figure 1

Begin the rowing motion by bending forward from the waist, keeping your back as straight and flat as you can. That's important, for a bent back will shift the weight to other muscle areas and your lats won't get that needed work-out.

Grasp the barbell with both hands, the palms facing inward toward your body (Figure 1). Raise the barbell slowly and evenly until it touches your chest at the point where your lower ribs stop (Figure 2). Hold it there for a moment, then lower it to the starting position. Repeat the rowing motion for eight times. As you progress, increase your repetitions to twelve.

While you perform this exercise, your legs may be kept straight or slightly bent. Many bodybuilders prefer the straight-leg position. Your feet should be a comfortable distance apart and your hands spaced about shoulder-width apart as you grasp the barbell.

A good starting weight is forty pounds. However, you should add to this weight after you have learned to handle the forty pounds. Try adding five or ten pounds and doing eight repetitions. Then gradually increase your repetitions with the new poundage to twelve.

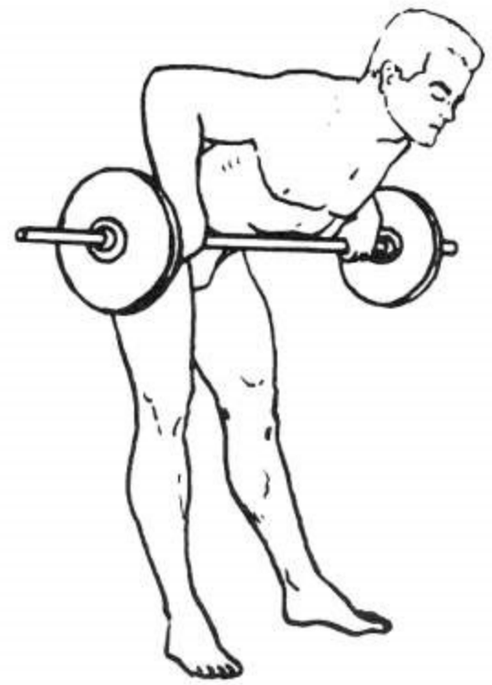
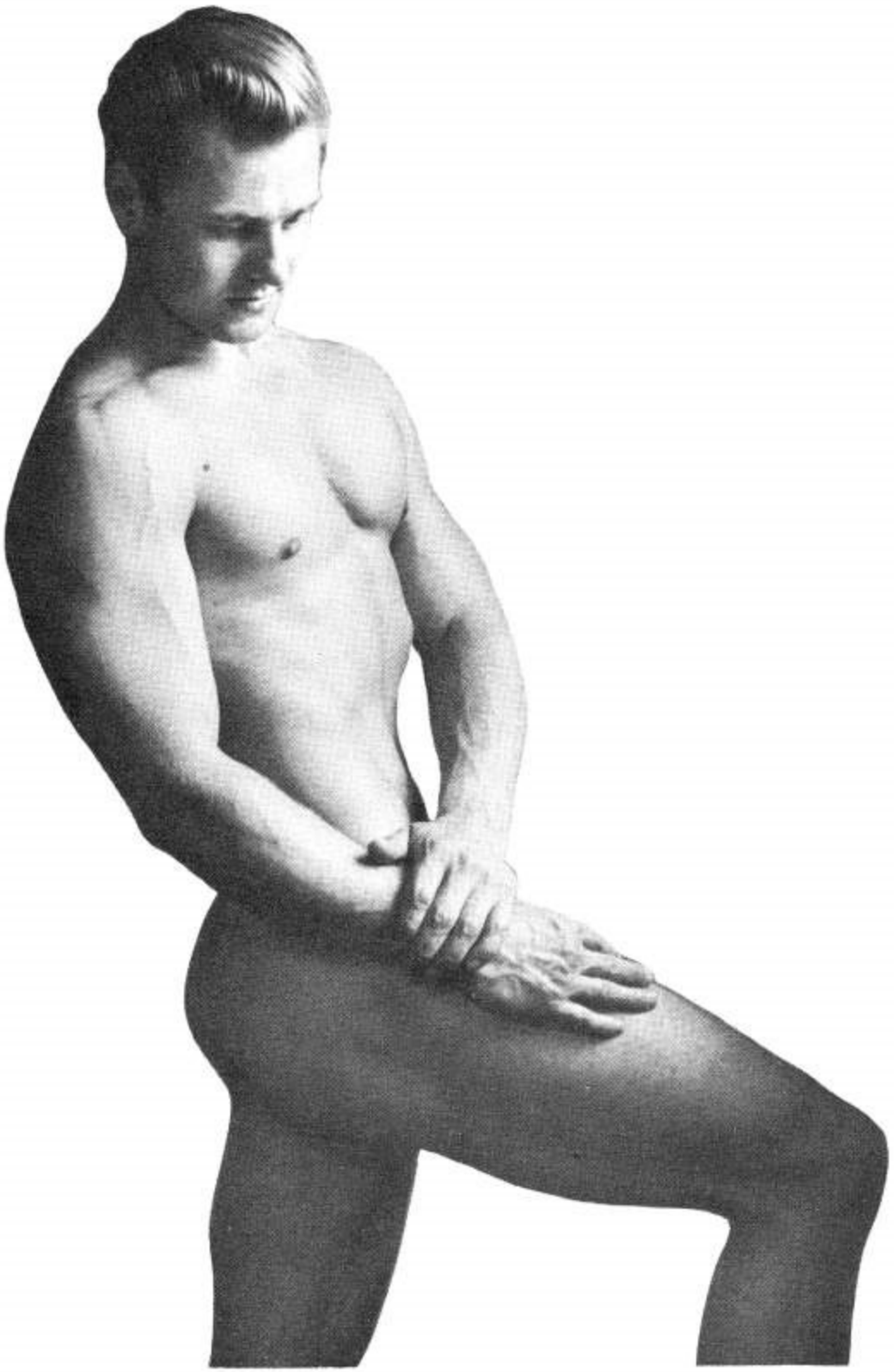


Figure 2

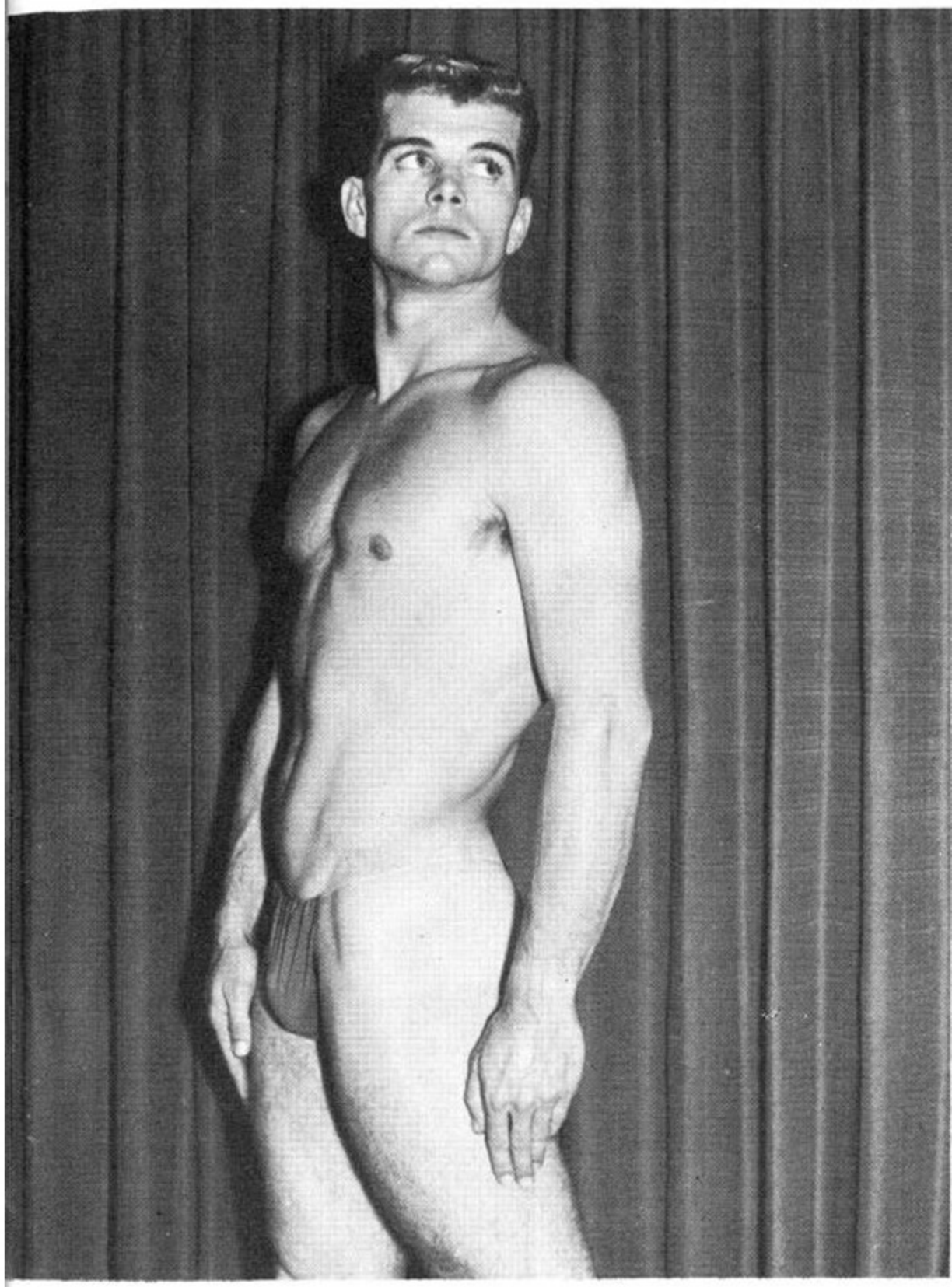
You'll feel the strain first in your arms, but it is the wide-spreading lats that are doing most of the work and get most of the benefit. So do your best to *feel* the lats working, and you'll know you're performing the upright rowing motion correctly.

Broad shoulders help make a man a man. And this exercise will do much toward developing the all-important upper back muscles that you need for strength and manly appearance.

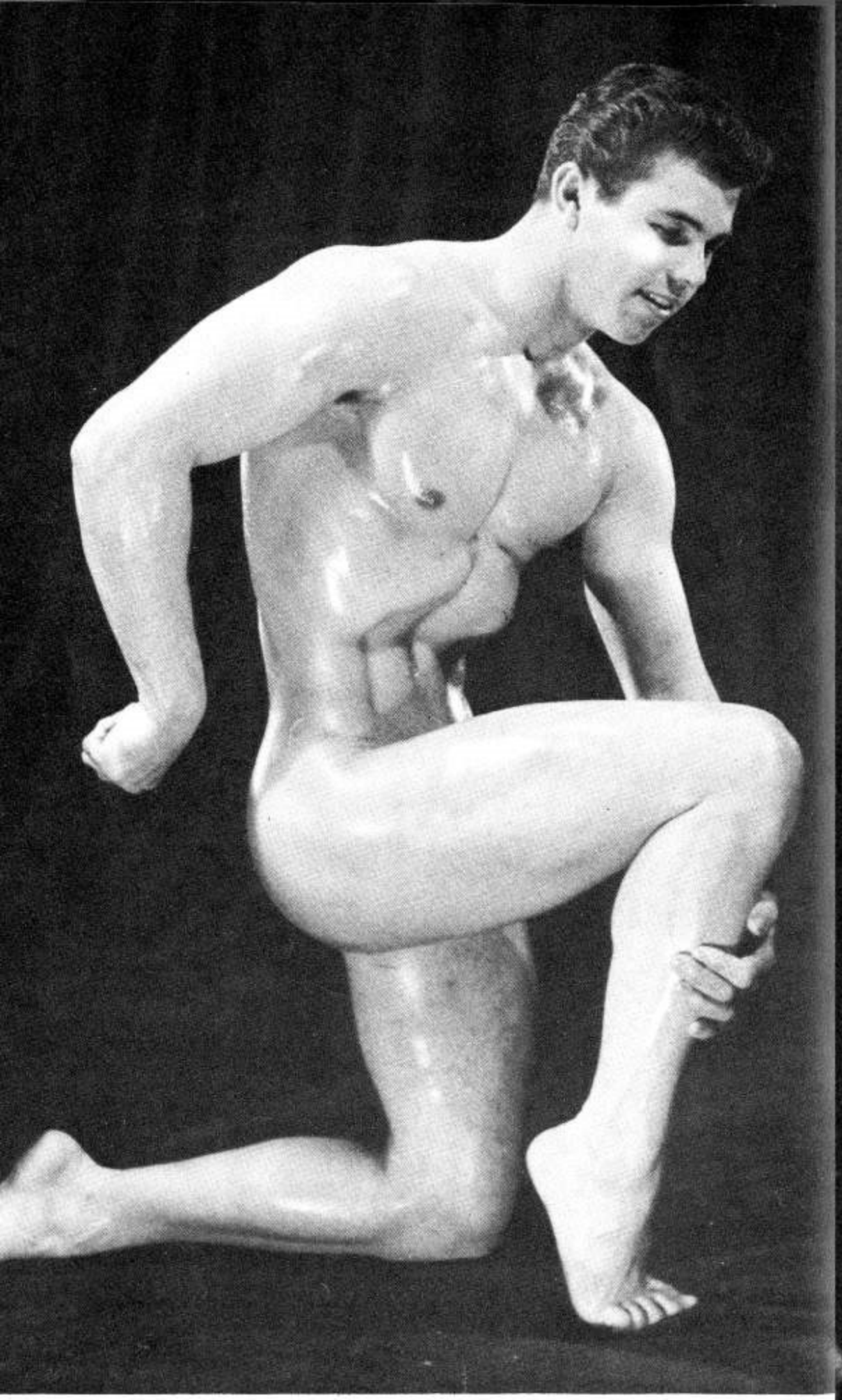
A GALLERY OF TRIM PHYSIQUES

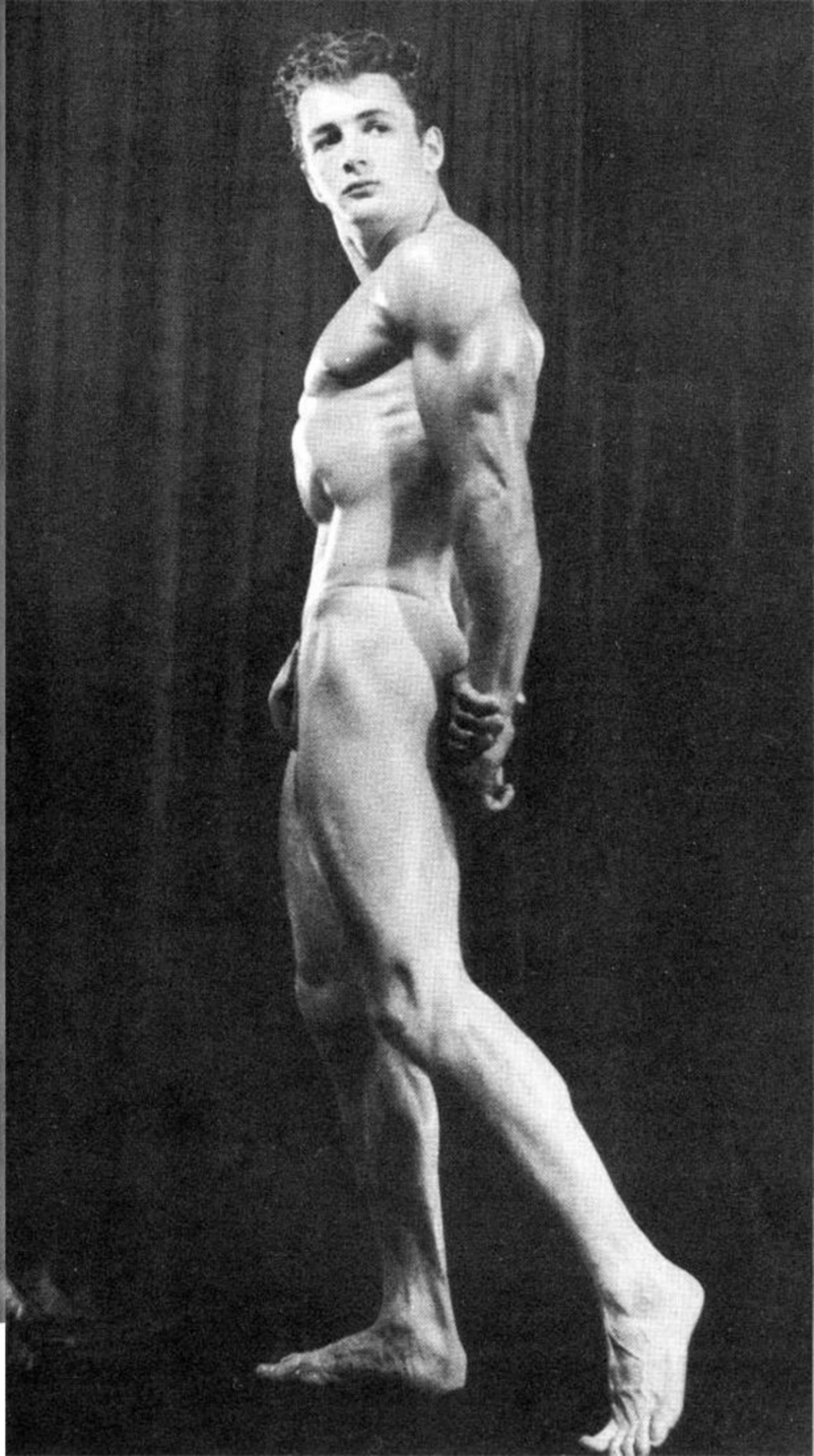


This pose of NORMAN HIBBERT, prominent English athlete and bodybuilder, is from Vulcan Catalog 40-T. Norman's trim physique is the result of participation in a variety of sports.

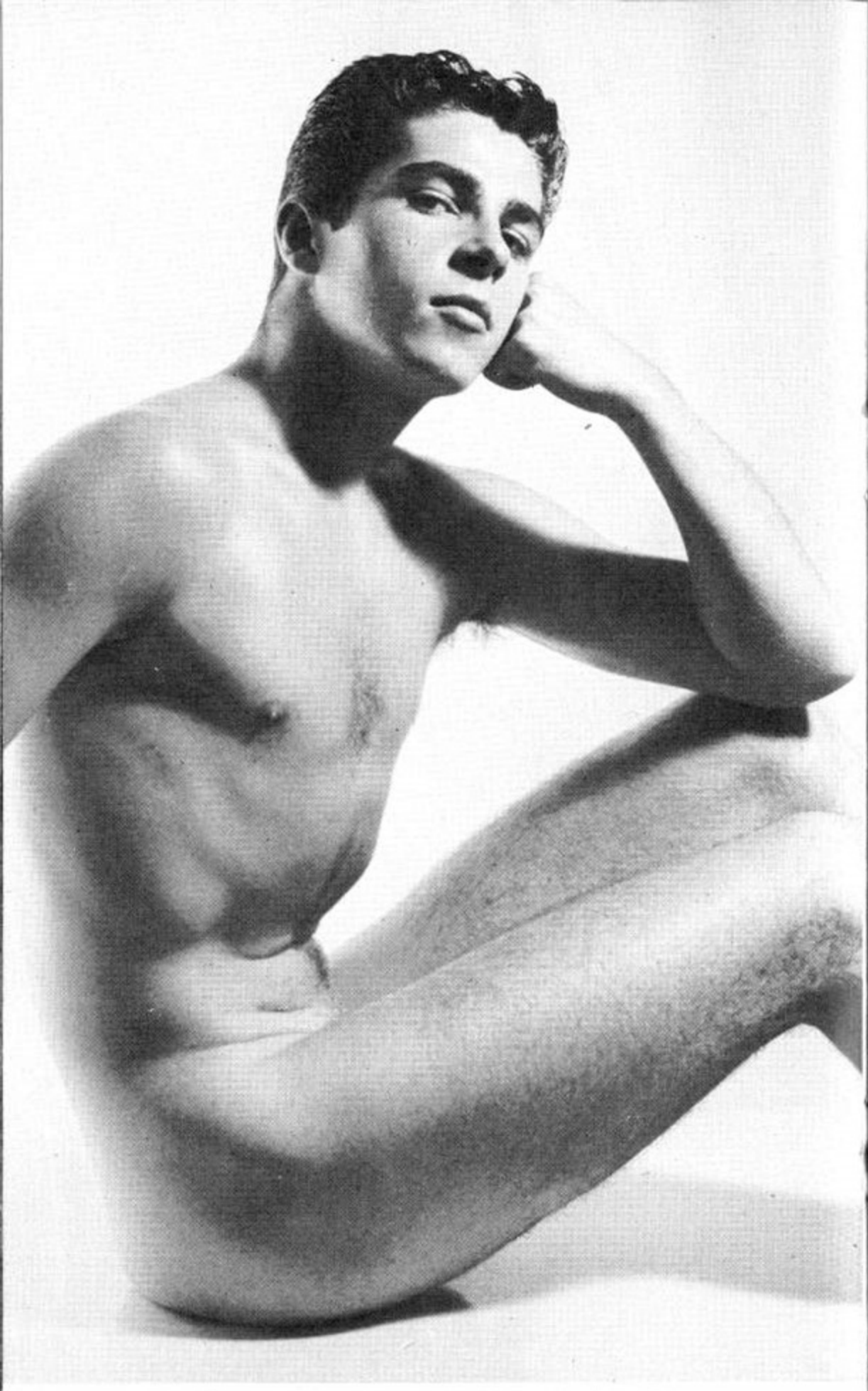


GUY WALLER of Los Angeles is a champion swimmer, as well as an outstanding skier and tennis player. Photo by M. C. Woods.

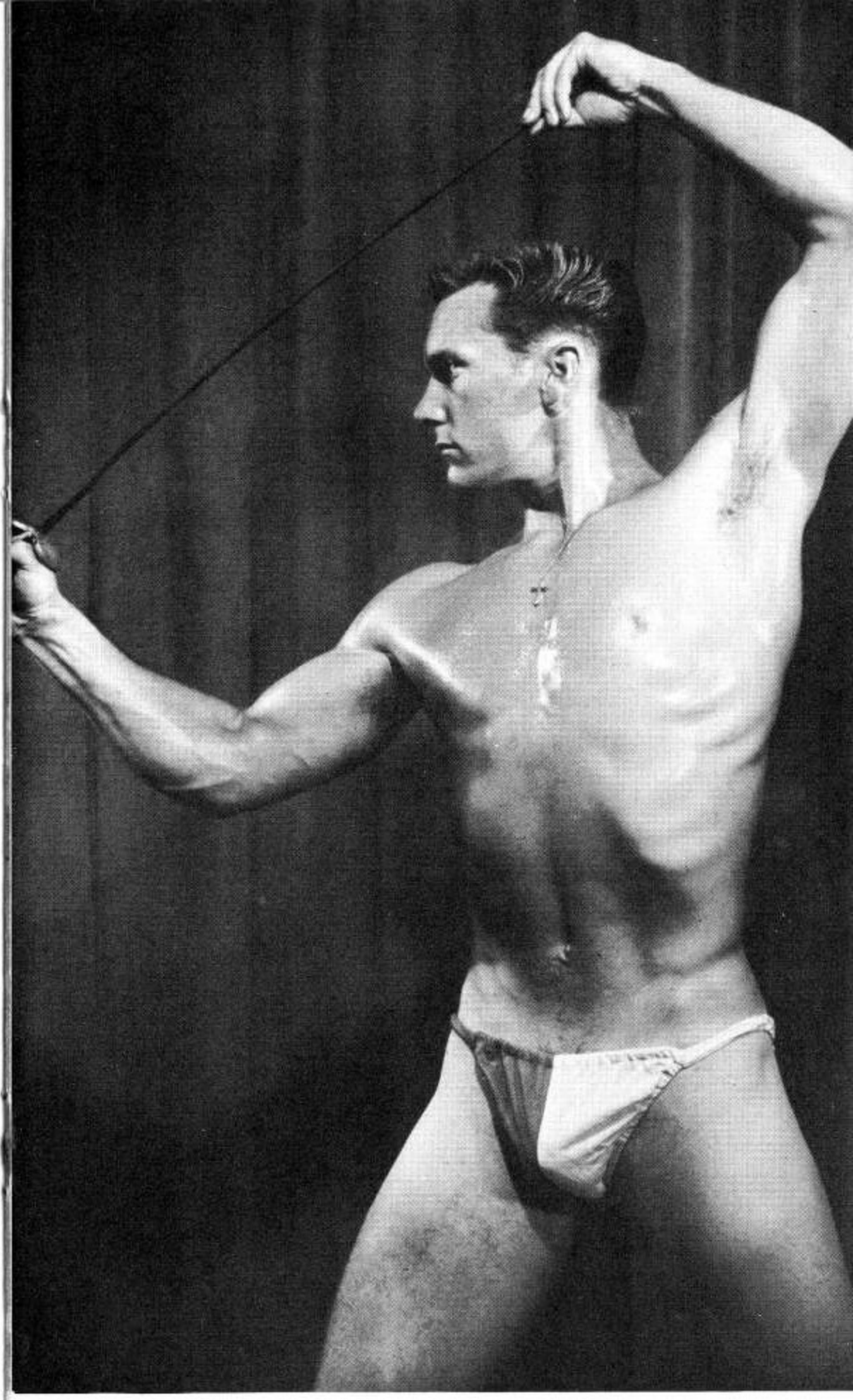




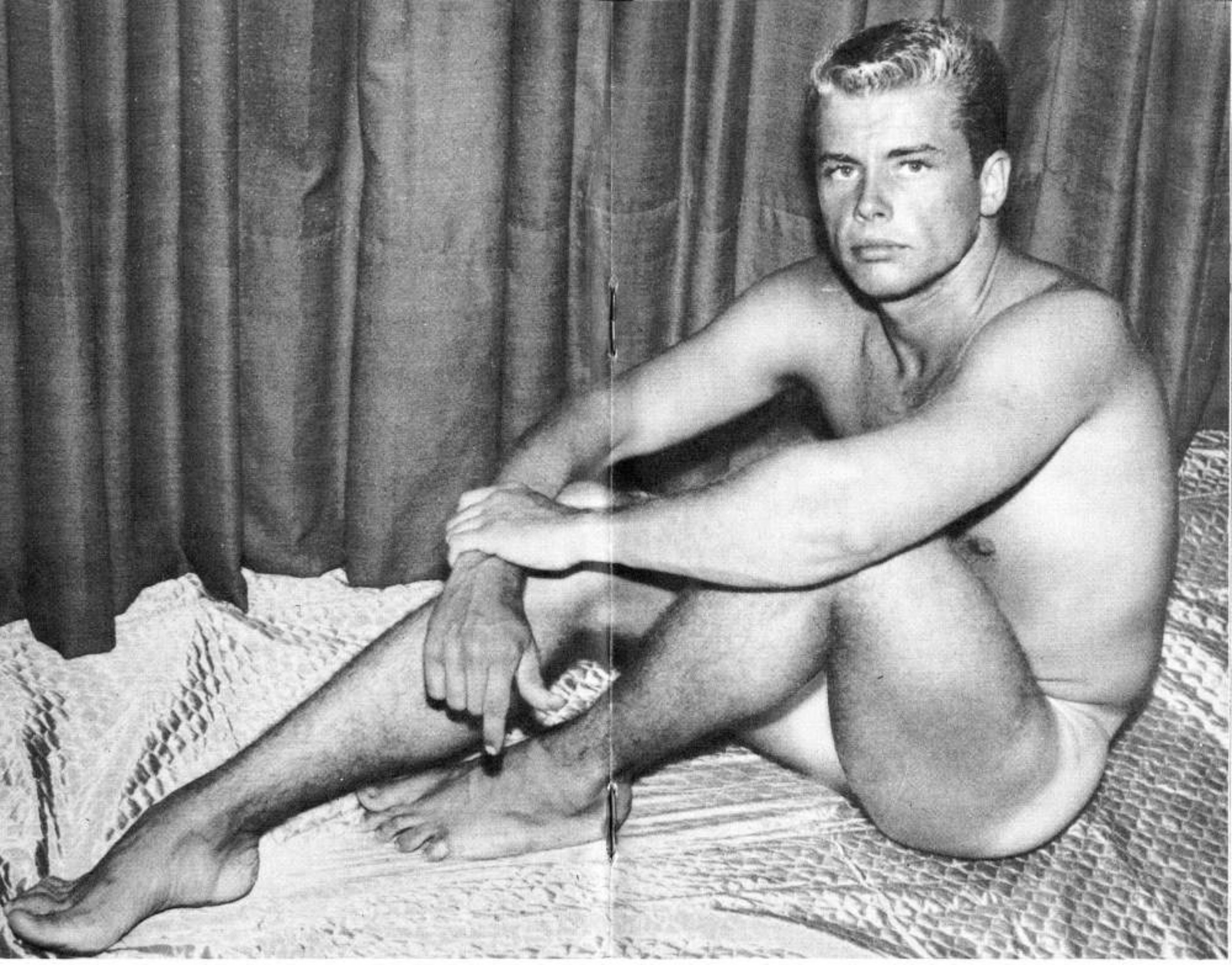
These two young Englishmen, seventeen year old DENNIS WHITE and twenty-three year old MICHAEL FRYER, were both photographed by Domenique of London.



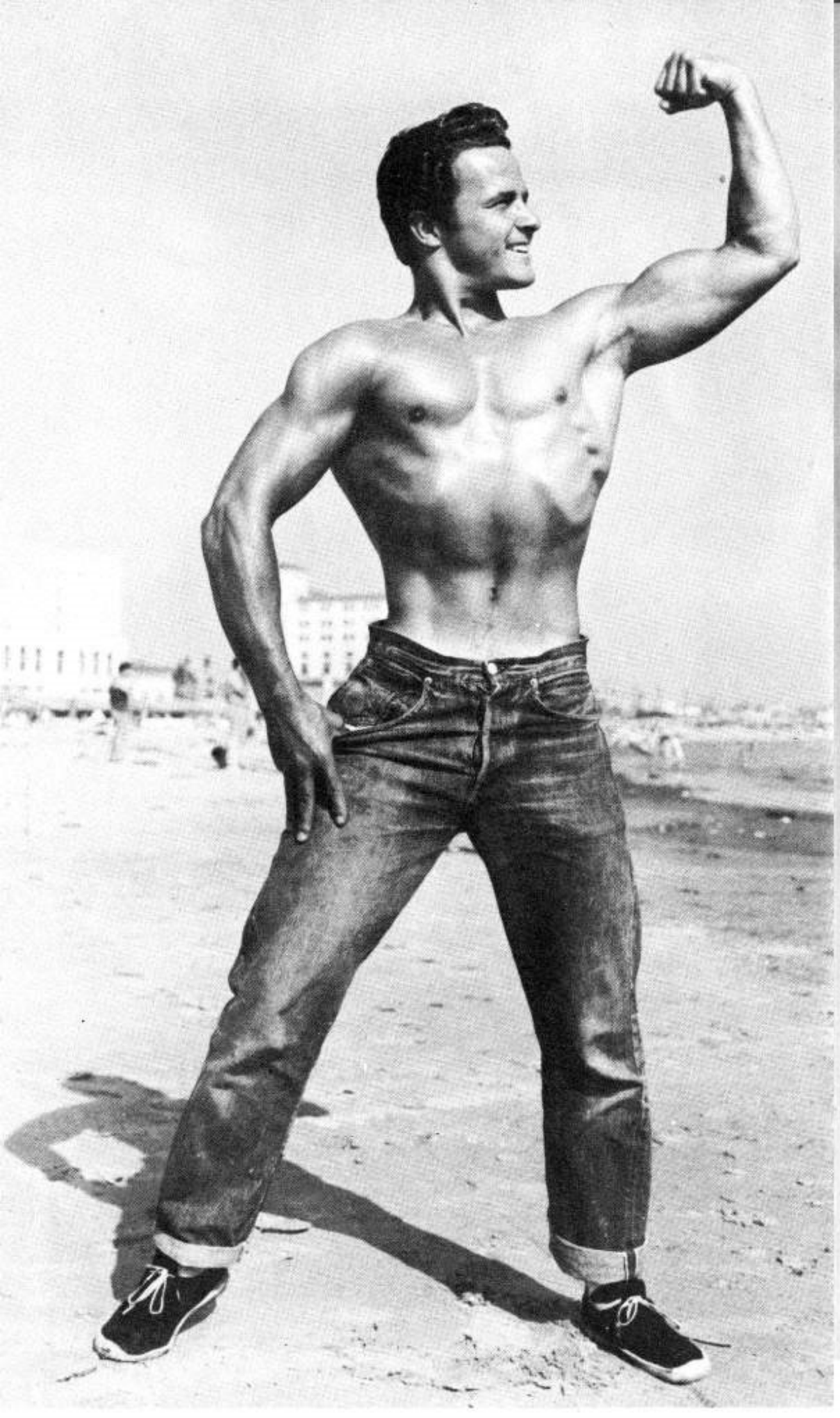
WAYNE SULLIVAN, trim young New York athlete, is a sensitive study by Vulcan. Wayne appears in Vulcan's Catalog 13-T.



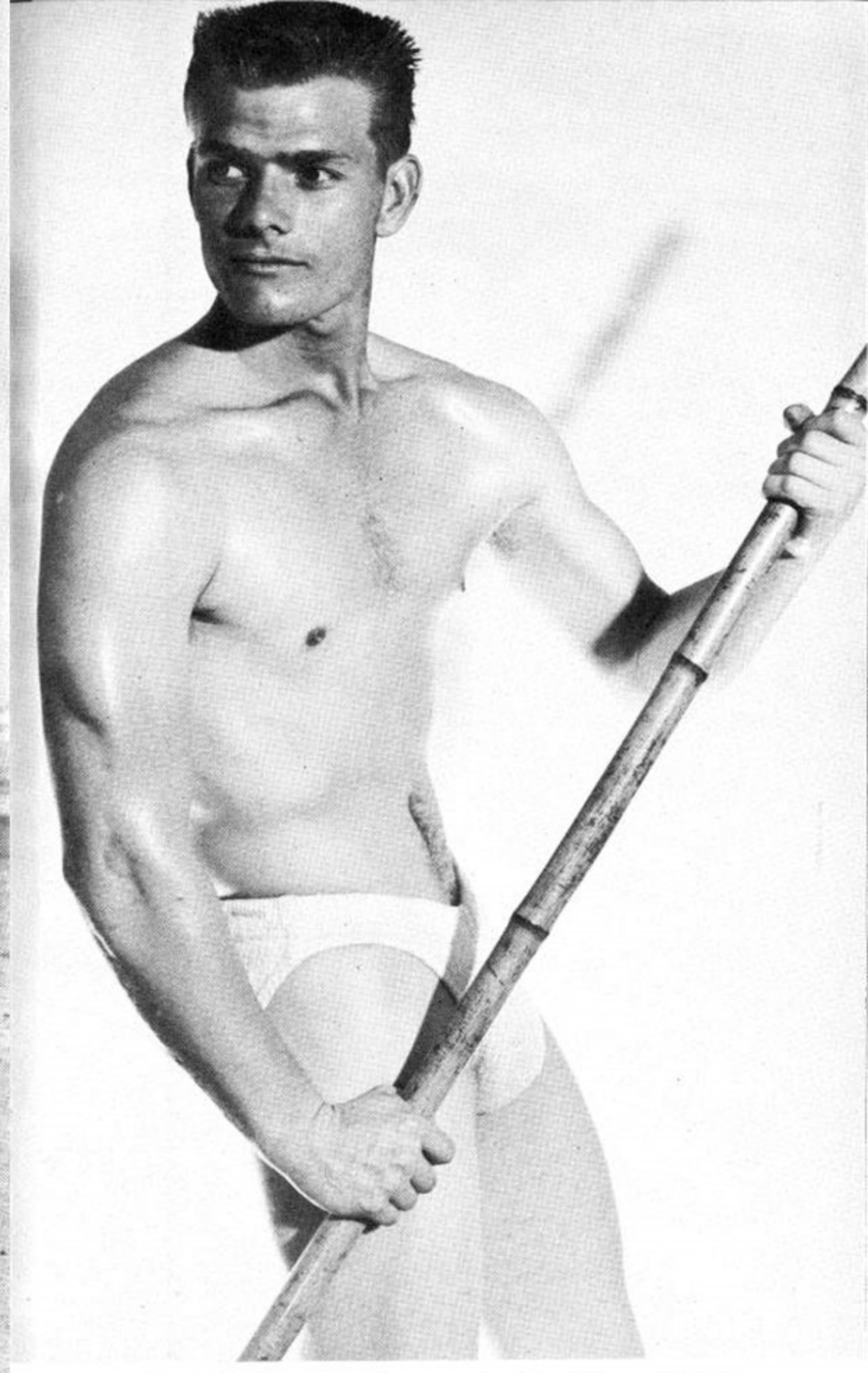
Nineteen year old BRUCE EVANS tests his rapier point in this study by Apollo Productions. Bruce may well be proud of his lithe, trim physique.



KIP McDONALD is an eighteen year old Los Angeles athlete. He is a very versatile young man with theatrical ambitions. With his talent and splendid appearance, he should go far in his chosen work. This photo of Kip is by Los Angeles photographer M. C. Woods.



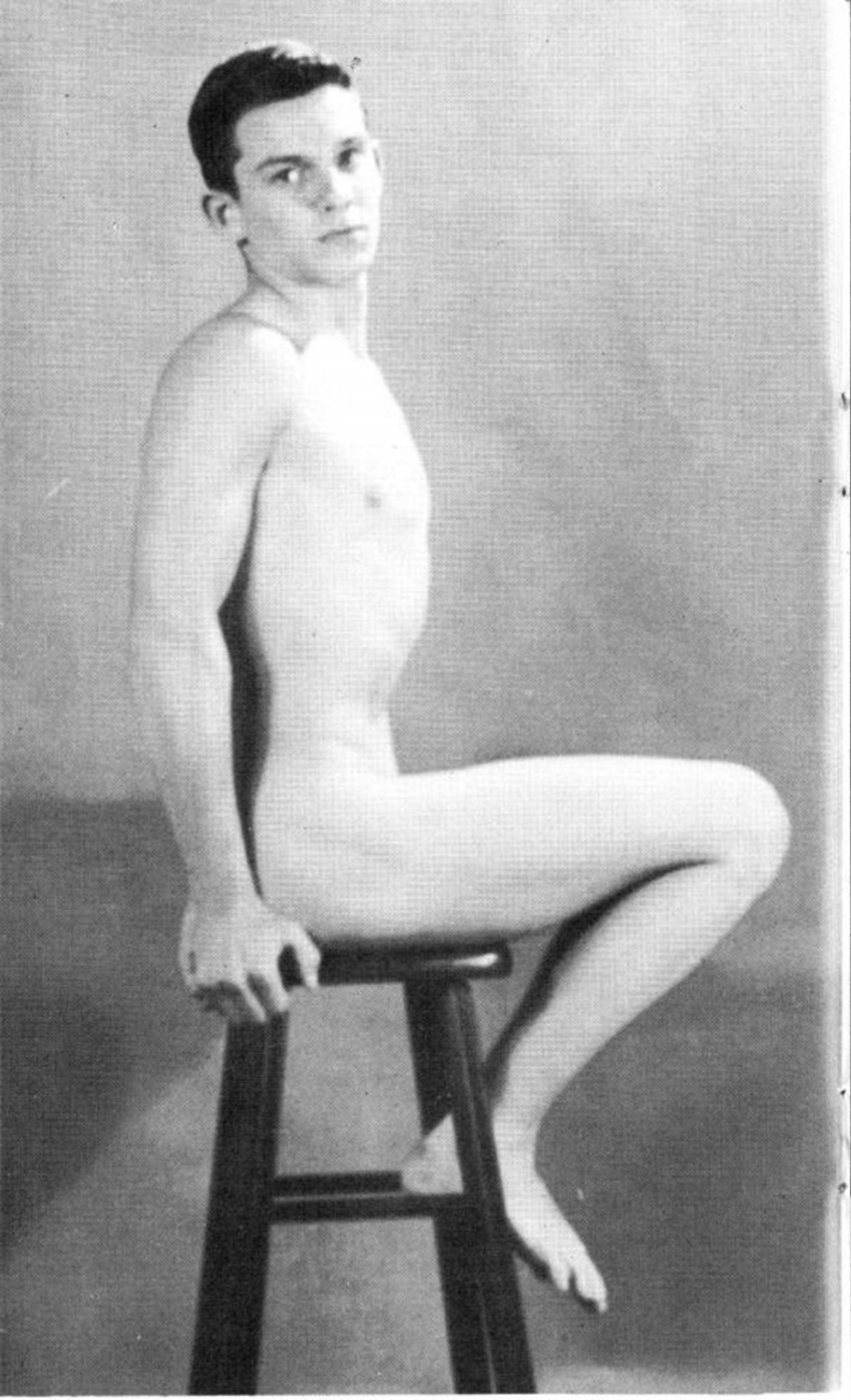
PHIL GRANUCHI soaks up the sun and gives his biceps a work-out at Santa Monica beach. This young athlete is an ardent bodybuilder. Photo by Athletic Model Guild.



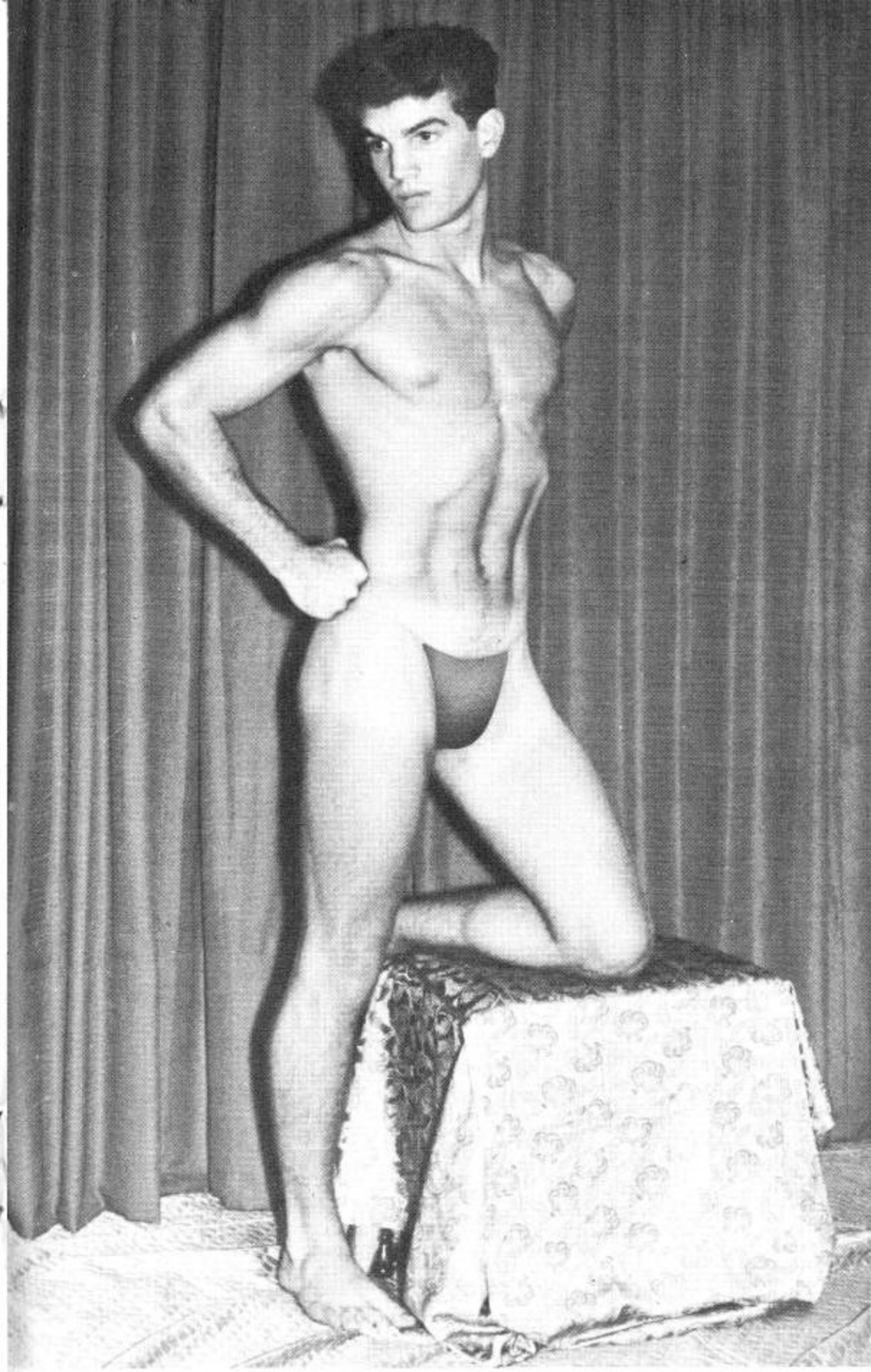
MARK SUTTER has just taken up bodybuilding. With his splendid natural build, he should make much progress in a short time. This photo of Mark is by James E. Hills of San Francisco.

Frank Ryan's photo of his model JULIAN demonstrates the young man's outstanding muscularity.

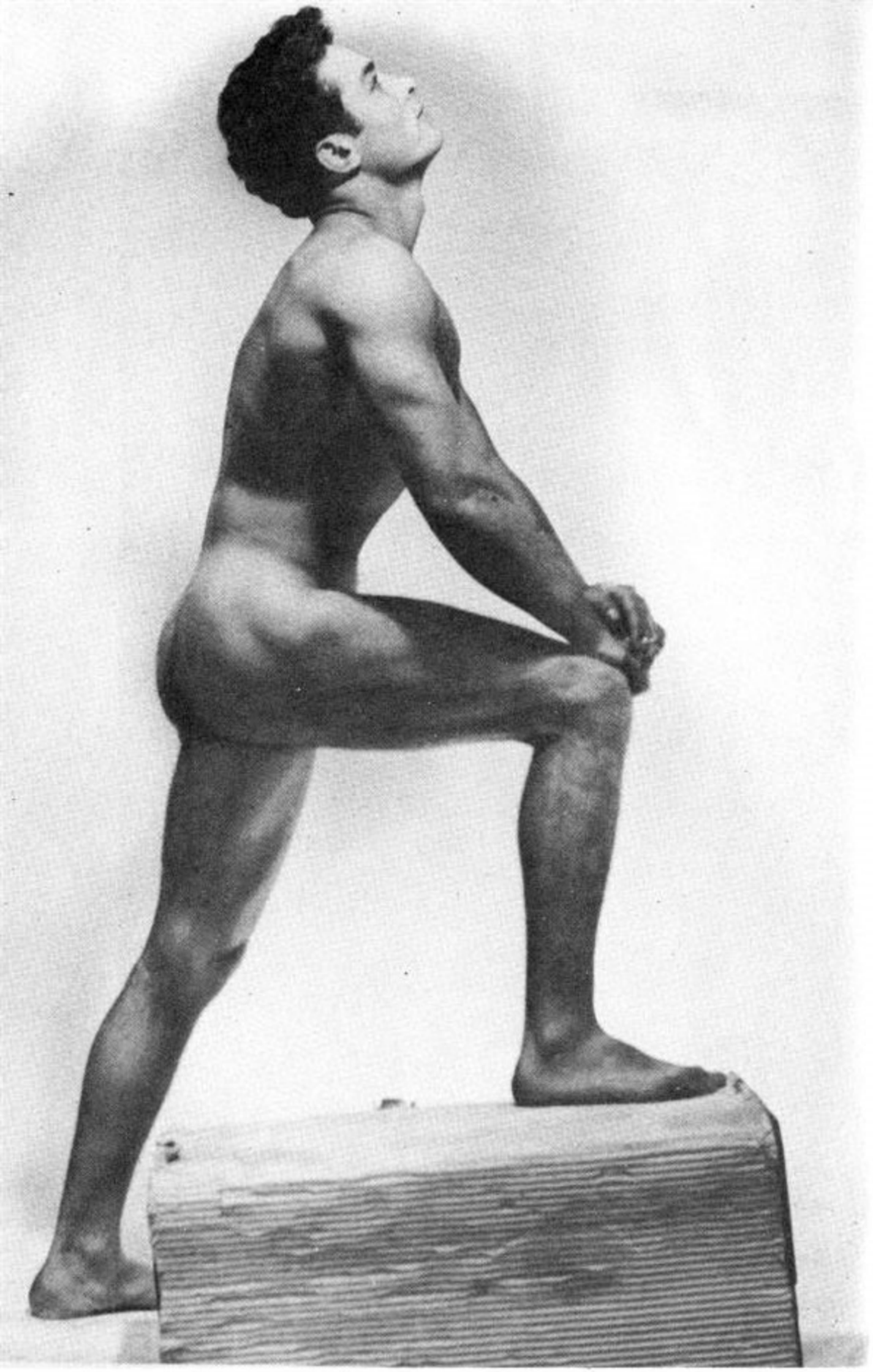
FRANK GIARDINA, his powerful physique etched against the sky, resembles a mighty Grecian statue of old. This splendid study is by Giardina Studios.



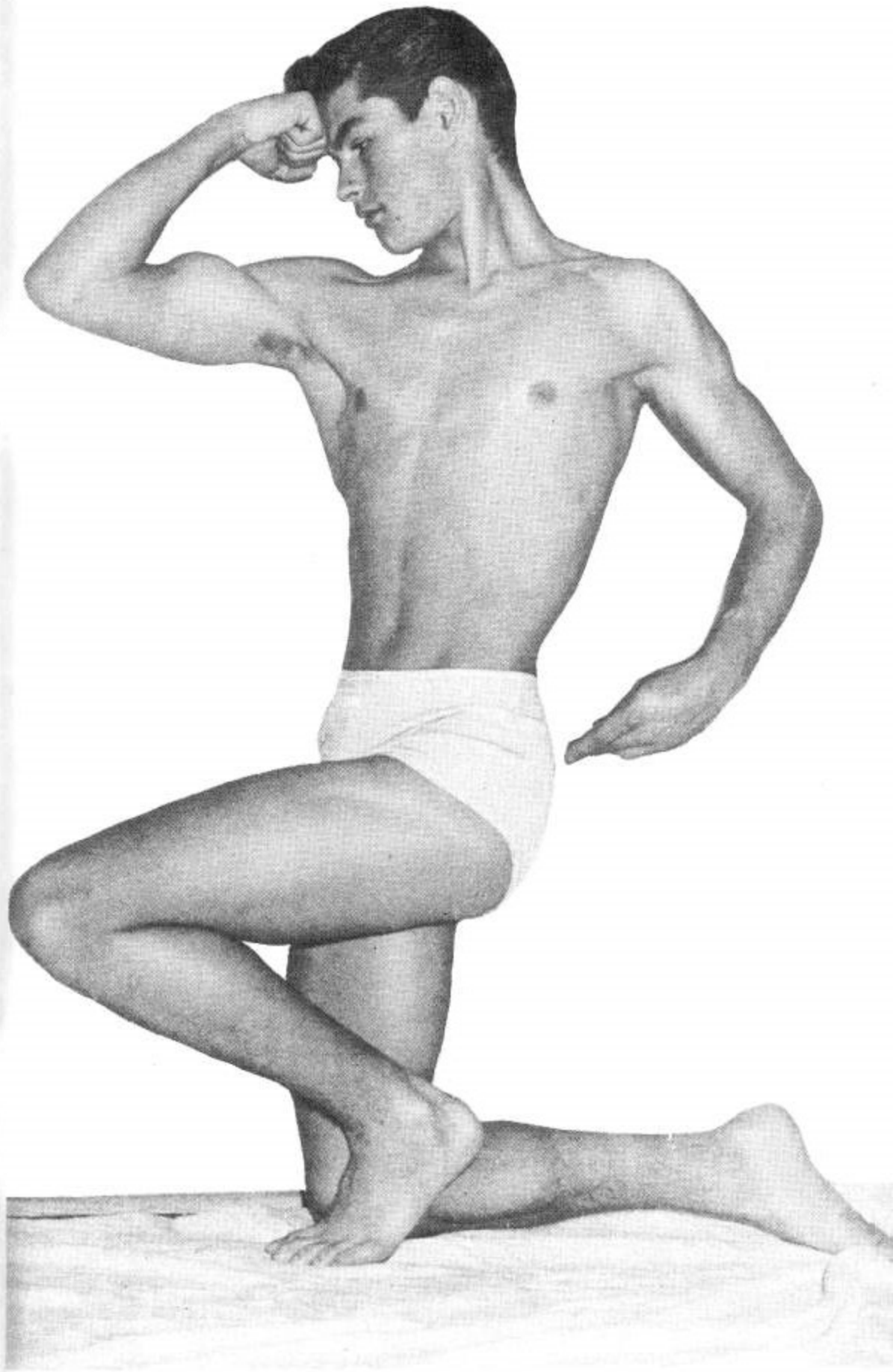
Seventeen year old BILL WESTLEY is making progress in his bodybuilding. Bill recently posed for the Underwood Guild. This is their photo number C-6.



LYLE ANDREWS, a trim young Los Angeles athlete, is the subject of this study by M. C. Woods. Congratulations and best wishes for much happiness to Lyle, who has recently been married.



Young ANDREA GEORGION is of Greek descent. He proudly emulates the mighty accomplishments of his forebears. His outstanding build would evoke words of praise from the Grecian masters of old. Photo by Paignton Publishing Company.



ARTY BURDEN, a member of the U. S. Air Force, is six feet one inch tall and weighs 169. Arty hopes for a career in drama. Photo by Ken Wallace.

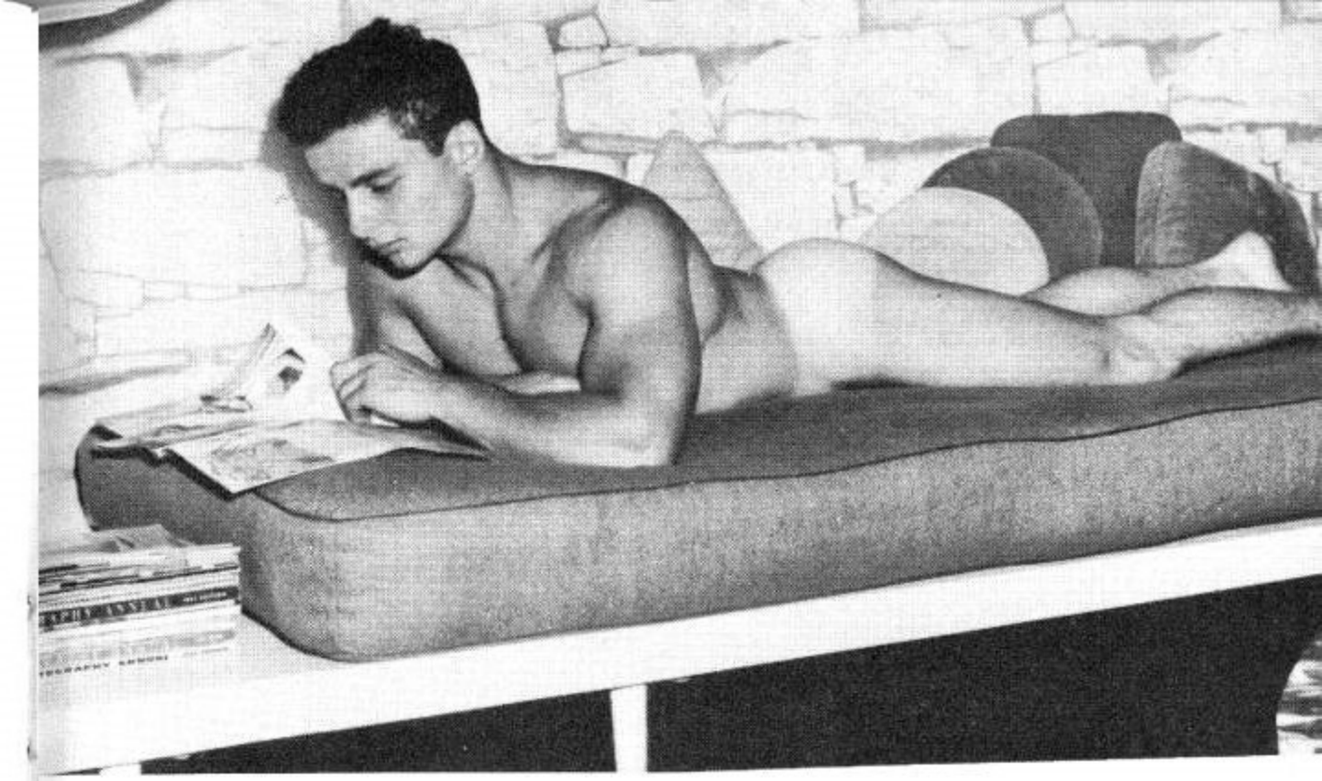
SALUBRIOUS SLUMBER

Good health is not only the result of proper diet and sufficient exercise. Lots of other things figure in, too. Someone has said that our nerves can take nourishment only when we're asleep. And, considering the terrific beating our nerves get in this hectic atomic-paced world, you'll agree that they're considerably overworked and much in need of some real nourishment.

Edison may have slept only a few hours a day. But who's an Edison? The amount of sleep one needs depends pretty largely on the individual, but you won't go wrong if you get the traditional eight hours. Your nerves need it; your body needs it. And you might also count the other advantages involved, too. For instance, if you do close work and use your eyes a lot, sleep will do them more good than watching a late TV show or reading late at night; if you smoke, the fact that you'll smoke less by sleeping longer won't do the lungs any harm. And on and on we could go naming benefits.

Unfortunately, for some people, hitting the sack doesn't always mean going to sleep. Maybe you drink too much coffee or tea, or the bed-time snacks you enjoy are a bit too rich and difficult to digest. More likely, you're still just too tensed up from the day's activities to surrender passively to the charms of Morpheus.

Try relieving the tension by taking a warm bath before bed time. Brushing your hair thoroughly will also help to relieve tension. And so will dull or light reading, though an exciting murder mystery will bring about just the opposite. Perhaps the most important thing is putting aside any thought of the day's activities, or of tomorrow's tasks. Recalling and repeating some favorite quotation will do wonders here. Biblical passages do the job for many — "Thou wilt keep him in perfect peace whose mind is stayed on Thee;" "I will both lay me down in peace, and sleep; for thou, Lord, only makest me dwell in safety." Others rely on the wisdom of Ramakrishna



FRED DELUCA catches up on a bit of light reading before going to sleep. This photo of Fred is by Pennsylvania photographer F. L. Collier.

and apply his advice: "Do your work; surrender the results to God." The important thing is to rid yourself of tension and relax into blissful slumber.

Here are a few practical and perhaps obvious suggestions, but they're worth noting. Cold is one of sleep's greatest enemies. Be sure it doesn't frighten sleep away from you. Putting a blanket *under* yourself, between the mattress and lower sheet, will usually do the trick. Then with a blanket over you, the warmth is sealed in. If you have perpetually cold feet at night, sleeping in a pair of wool socks should remedy the situation.

Fresh air is important, too. Stale air is a sleep spoiler, whether it's hot or cold (experts say the ideal temperature for sleeping is 55 degrees). Open your windows before you hit the hay, and leave one window open at the top and bottom.

Regardless of your age, you need your sleep. Young people help rob themselves of the precious birthright of health when they neglect sleep; those with more years invite trouble when they spend too little time in bed. Health habits and a well-balanced life are important, and that includes, for most of us, an average of eight hours sack time every night.

This artistic portrait of young JOE MAHAFFEY is by M. C. Woods.

TRIM photographers

Listed below are the photographers whose work appears in this issue of TRIM. We recommend them to you for outstanding physique studies. Catalogs are priced at $1.00 each. Order from them today and remember to tell them that you saw their work in TRIM.

Jon Arnt, 3207 Arcade Bldg., Seattle, Wash.

Athletic Model Guild, 1834 West 11th St., Los Angeles 6, Calif.

Apollo Productions, 155 West 46th St., New York, N. Y.

F. L. Collier, P. O. Box 1363, Erie, Pa.

Delmonteque Studios, Box 6081 — Surfside Sta., Miami Beach, Fla.

Domenique of London, Suite 35-A, 119 Oxford St., London W. 1, England

Frank Giardina, 408 Second Ave., New York 10, N. Y.

James E. Hills, P. O. Box 4989, San Francisco 1, Calif.

Kris Studio, P. O. Box 1251, Chicago 90, Ill.

Paignton Publishing Co., 18a Hill St., Richmond, Surrey, England

Frank Ryan, 550 East 182nd St., Bronx 57, N. Y.

Underwood Guild, 4618 Columbia St., Portsmouth, Va.

Vulcan Studio, 125 East 39th St., New York 16, N. Y.

Ken Wallace, 5880 Hollywood Blvd., Hollywood 28, Calif.

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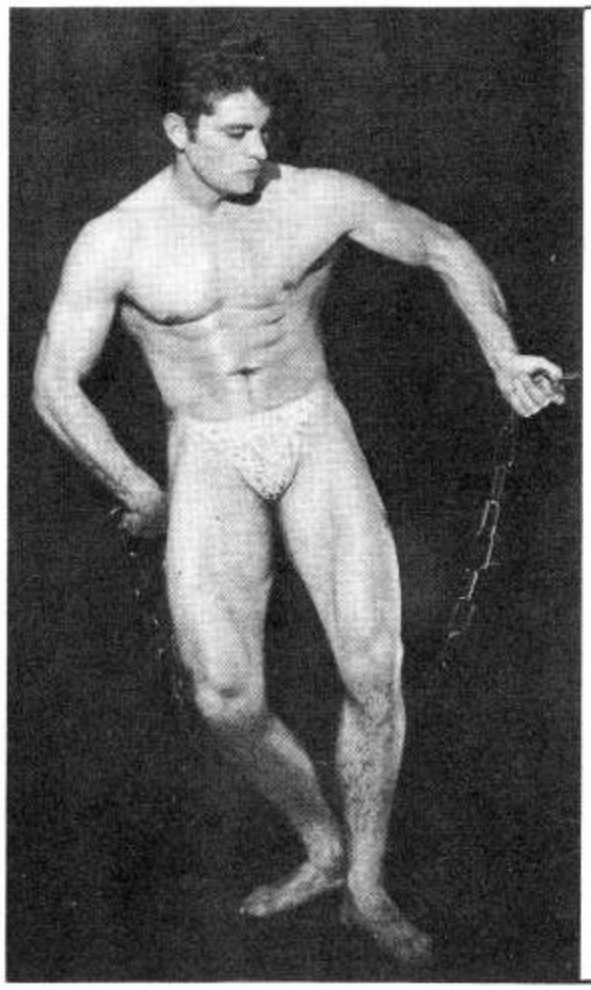

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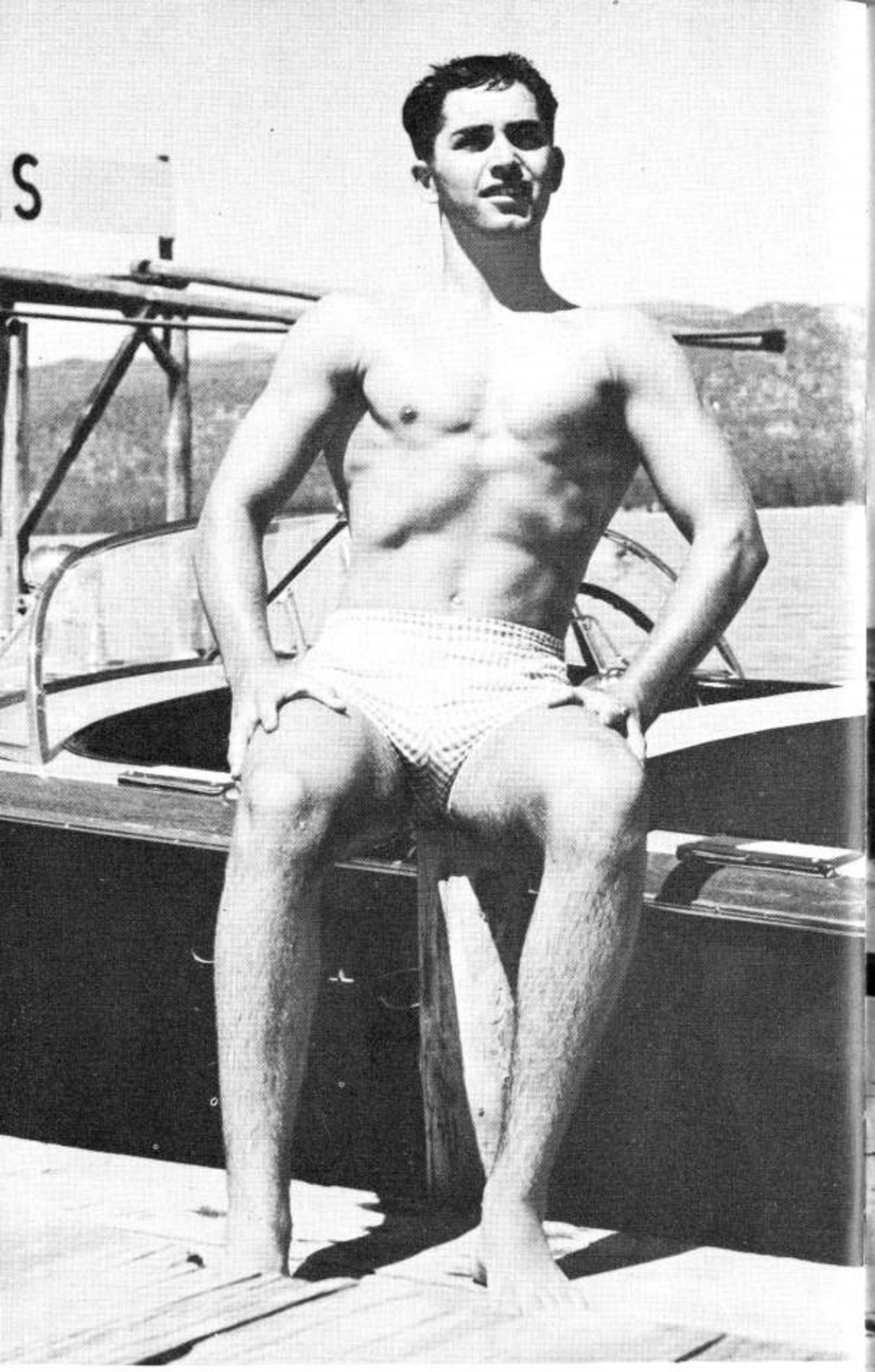
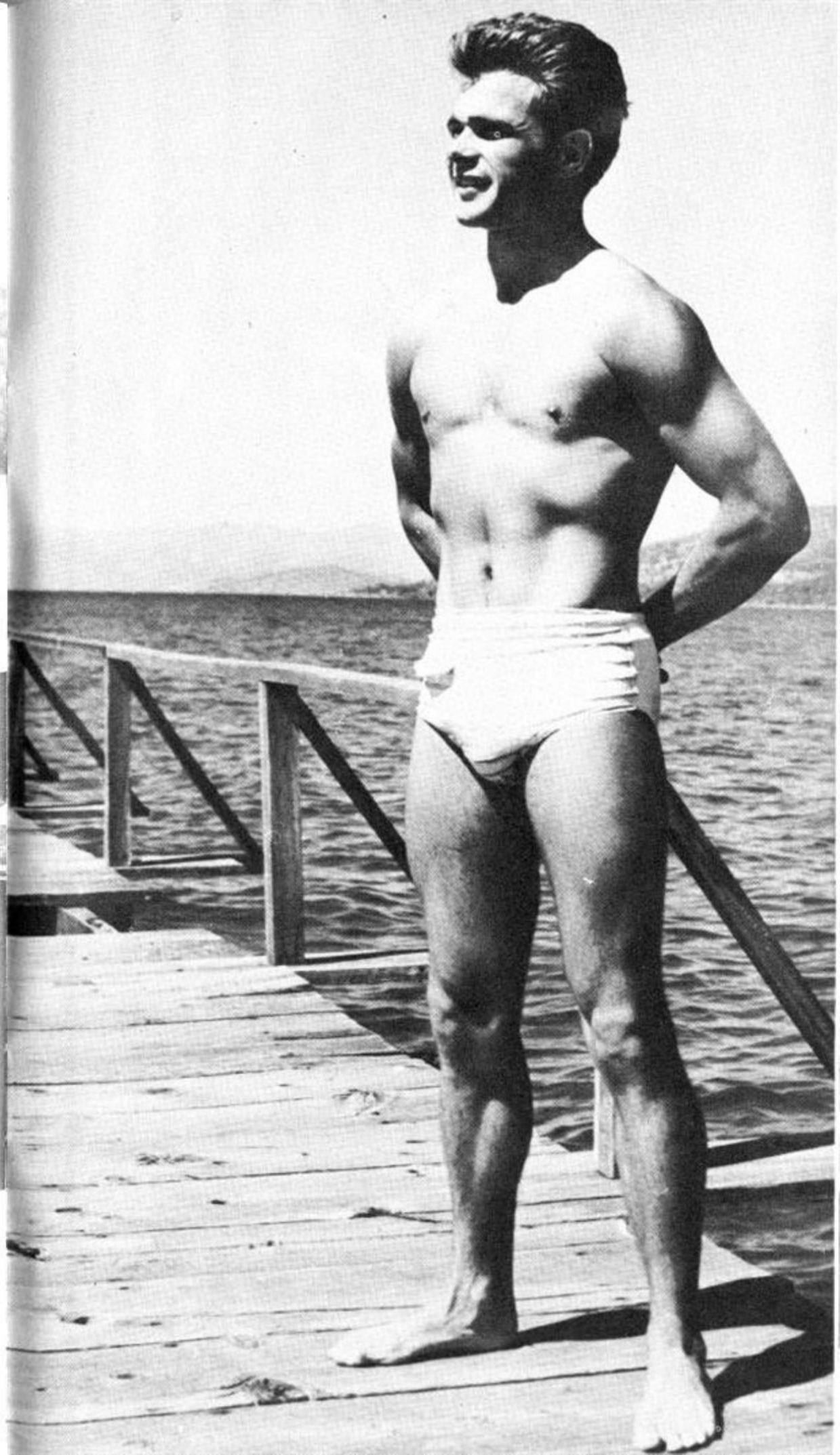
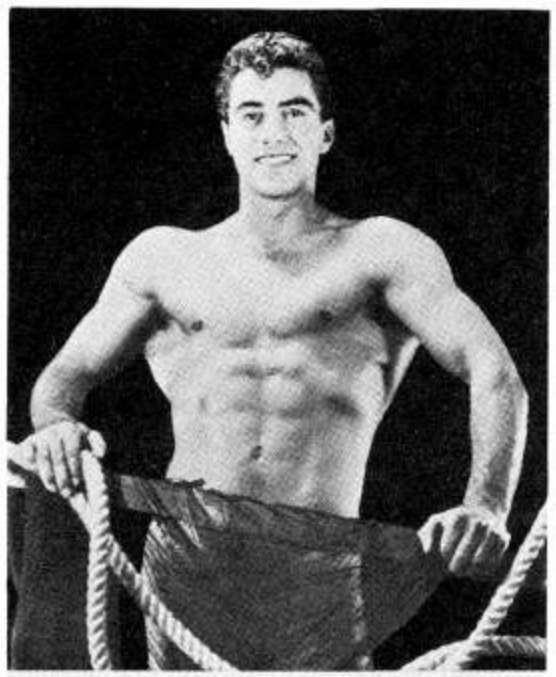




Photographer Ken Wallace snapped these photos of two young athletes vacationing at California's Lake Arrowhead. Seventeen year old CHARLES COX, on the left, holds thirteen awards in acrobatics and gymnastics. Twenty-two year old LEROY SWANN, on the right, is a splendid swimmer.

ANNOUNCING . . .



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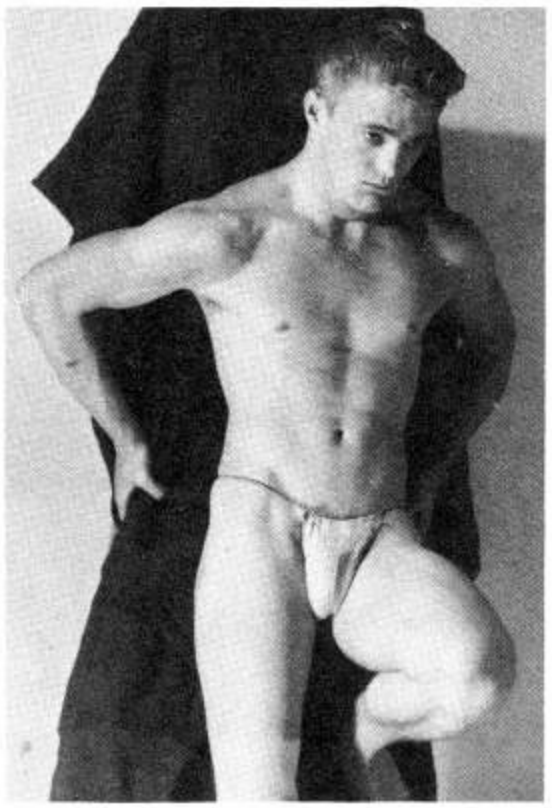

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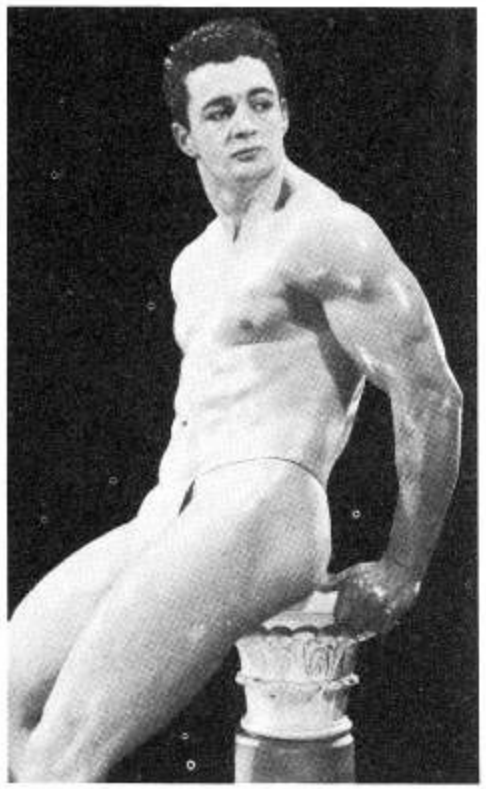

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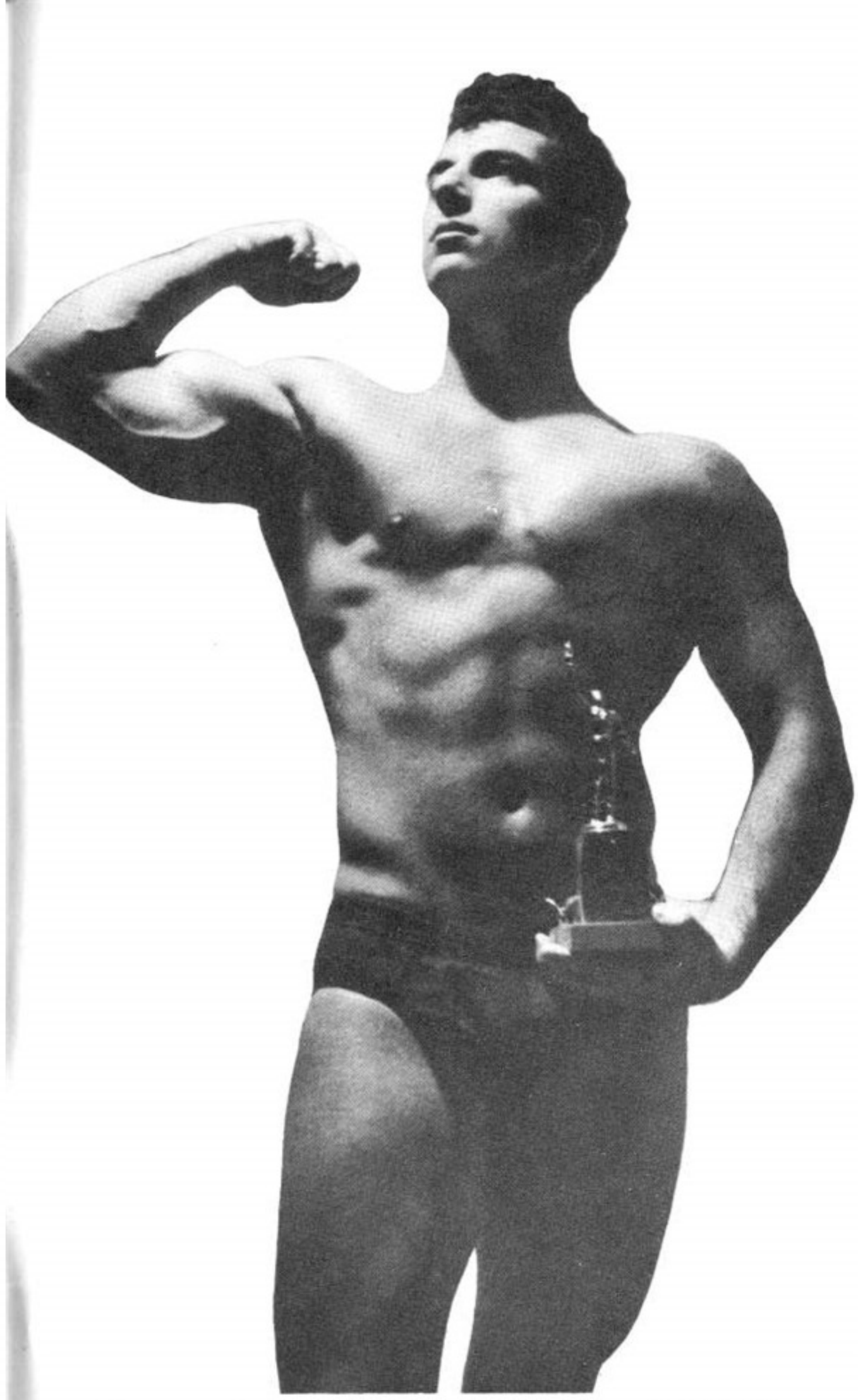

This powerful young man is twenty-one year old GEORGE SCHIAVONI, proudly holding his "Mr. Gotham" physique contest trophy. Photo by Frank Ryan.

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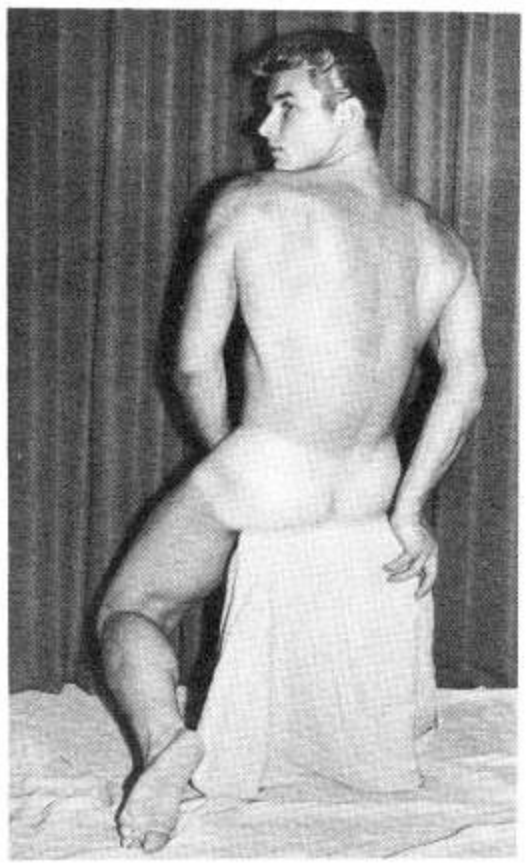

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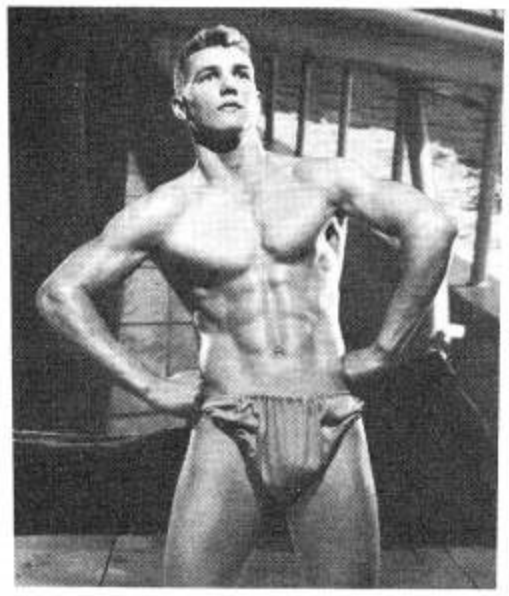

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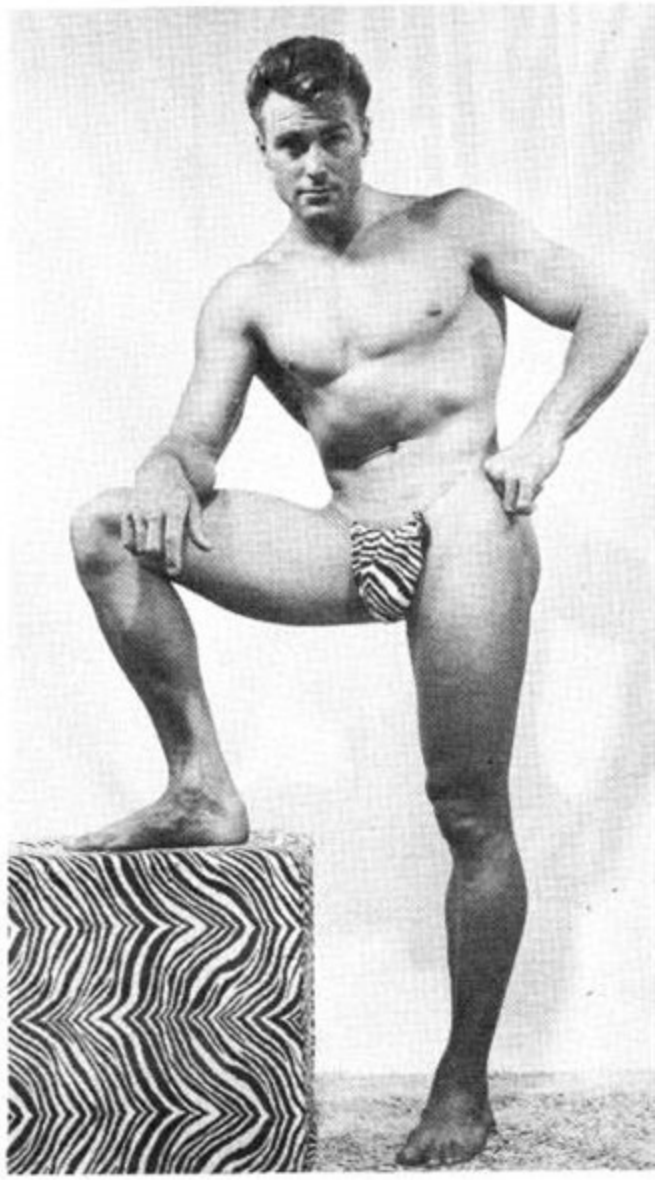
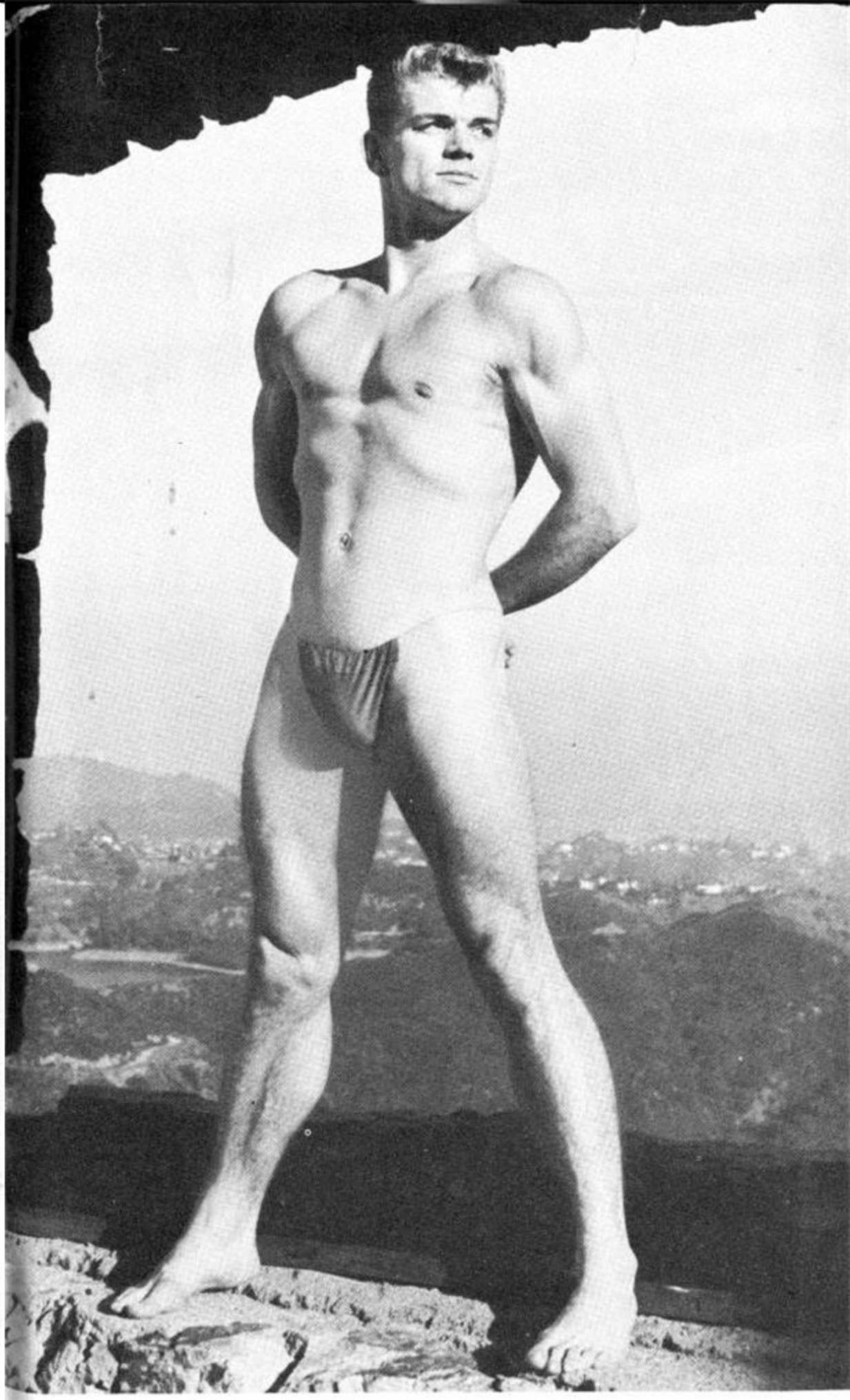


BOB FELKER from Spokane was the proud winner in the recent "Mr. Washington" contest. Bob also won awards for the best chest and best abdominals. Photo by Jon Arnt.



All-around California athlete GUY WALLER is the subject of this outdoor study by M. C. Woods.

Trim